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FEATURE:

Stick a Needle in My Eye

别对我撒谎

The Stolen Child (Excerpt)

失窃的孩子 (节选)

A Trend with Teeth

恋上你的血



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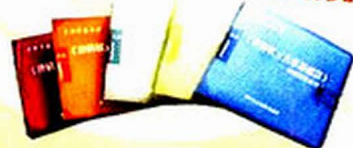
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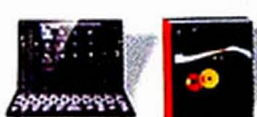
《理科状元》特点：把握最新高考命题，将高中重点内容拆分，重新排列组合，在考试重点下精选大量“母题”和最新高考试题，用独特的思路解法说明，引导学生形成一套完整、高效的学习方法，充分挖掘大脑潜能，真正做到读透、学懂、解题速度迅速提高。本书完全不同于市面上其他教材，学员每天只需通过半小时的强化训练，一个月内数理化单科成绩将大幅度提高，轻松面对考试。



《理科状元五维断根记》
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“母题”是含有考试重点的难题和知识点的复合题，典型题，千变万化源自“母题”，万变不离其宗，掌握了“母题”，就是高考成功的秘诀！建议高一、高二、高三的同学知识储备学习《理科状元》，高三学生可根据自己的实际情况，有针对性学习其中内容，以实现快速突破的目的；基础薄弱的学生完整学习《理科状元》，成绩提高显著。

《理科状元五维断根记电视家教》的特点：“刚经历高考的学生比老师更清楚真正需要什么”，引用国外最新“平权教育”理念，由复旦大学高才生倾情讲授，独创“一对一电视家教”模式，为学习成绩中下游的高中学生真正掌握《理科状元》量身定做，全面掌握“听思说写做”五维法则，帮助基础薄弱的学生大幅提高成绩，面对传统教育模式下平均200元/课时的高昂家教费，呈现传播全面开创低成本电视家教先河。

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《理科状元》面世后取得的显著成绩

广西南宁市三中 高级教师 梁正

现在学生每学期都要买很多的教辅书，心情可以理解，毕竟高考将决定孩子的一生，不过我建议每科购买一本比较好的教辅书就足够了。看过《理科状元》后，多年的教育经验告诉我这是一本非常优秀的教辅书，其内容独特新颖，在此我推荐给每个想快速提高自己成绩的同学阅读。

湖北黄冈中学 全国优秀教师 闵其蒙

今年我们班上的很多学生都在学习《理科状元》，他们的进步让我吃惊，今年的高考成绩也普遍好于往年！我发现这套书不同于一般的教辅资料，它是用独特的解题思路去破解近年高考试题，并列了很多一般教辅书中没有的复合题，对学生拓展自己的解题思路及提高解题速度都会有很大的帮助。

北京大学学生



张涛：我是湖北黄冈中学2008年的高考考生，原来我在班上的成绩只是中等，学习《理科状元》三个月，我的数理化三科成绩突飞猛进，高考以高分考上了北大，连我的父母都为我骄傲。

浙江大学学生



林颖会：临近高三我的理科成绩还一直提高不上去，已经做了上二本的准备，用了这套书，每道“母题”都让我有恍然大悟的感觉，终于圆了名牌大学梦！真是一套“神奇的宝典”！

川南大学高中三学生



刘倩贝：学习了三个月《理科状元》，我尝试着去做今年的理科高考试题，很多难题竟然很快地解开了，其他同学都觉得不可思议，效果真是太神奇了。

上海交通大学学生



黄磊：我的一模成绩只有570分，离我的梦想很远。同学推荐给我《理科状元》，经过一段时间的强化训练，最终我的高考成绩是648分，考入了我理想中的学校，真要感谢《理科状元》。

《中科记忆学习法》

本教材为最新重点科研成果，是从100种优秀学习记忆法中精心提炼开发出来的一套全面系统的高水平记忆学习法，取百家之长，自成一统。通过众多专家教授及广大师生试用获一致好评。结果证明，本书能迅速提高学员记忆和学习能力，彻底改变死记硬背的记忆模式和枯燥的学习方法。

记忆学习领域的“百家争鸣”，
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彻底解决考试发挥不稳定的问题！

我是一名复读生，去年摸底考试成绩忽高忽低，但没有想到高考发挥会如此失常。刚复读的时候，我很痛苦很压抑，甚至一度否定自己。直到发现了《中科记忆学习法》，它非常实用，我现在觉得掌握好的学习方法太重要了，我现在的学习成绩稳定多了，压力也轻多了，今年的高考，我会笑着从容面对。

我们文科生要背的内容实在太多了，尤其是历史和地理。学习了《中科记忆学习法》，我发现科学的记忆方法是打开知识宝库的钥匙，一旦掌握了这些方法，再加上刻苦学习，效果就会成倍甚至十几倍的增加。去年我轻松考上了理想的学校，现在好多的知识点都还没有忘记呢，真是太神奇了。

我高二时语文和英语很差，尤其是英语，怎么努力也不行，后来我阅读了《中科记忆学习法》，才发现是“方法不对，努力白费”，高三时我每天只抽出半个小时学习英语，就收到了事半功倍的效果，高考时英语考了136分！



《理科状元》为全国通用辅助型教材，适用于所有地区版本教材（包括课改后新标准教材），高一至高三学生均可使用。高中版全套三册（含数学、物理、化学各一册），全套售价99元（不含邮费，详见下方邮费说明）。

《理科状元五维断根记电视家教》系列VCD全套八张，含《理科状元》中数理化三科全部课时，此系列光盘必须配合《理科状元》丛书使用，适用基础知识薄弱的高中学生，全套售价120元（不含邮费，详见下方邮费说明）。

《中科记忆学习法》适用初高中生、自修生、文理科生，全套两册（含记忆法、学习法各一册）及中科学习卡一套，全套售价98元（不含邮费）。以上三套教材由星雅传媒独家销售，全国各地书店无售，只通过邮局汇款购买，谨防假冒。

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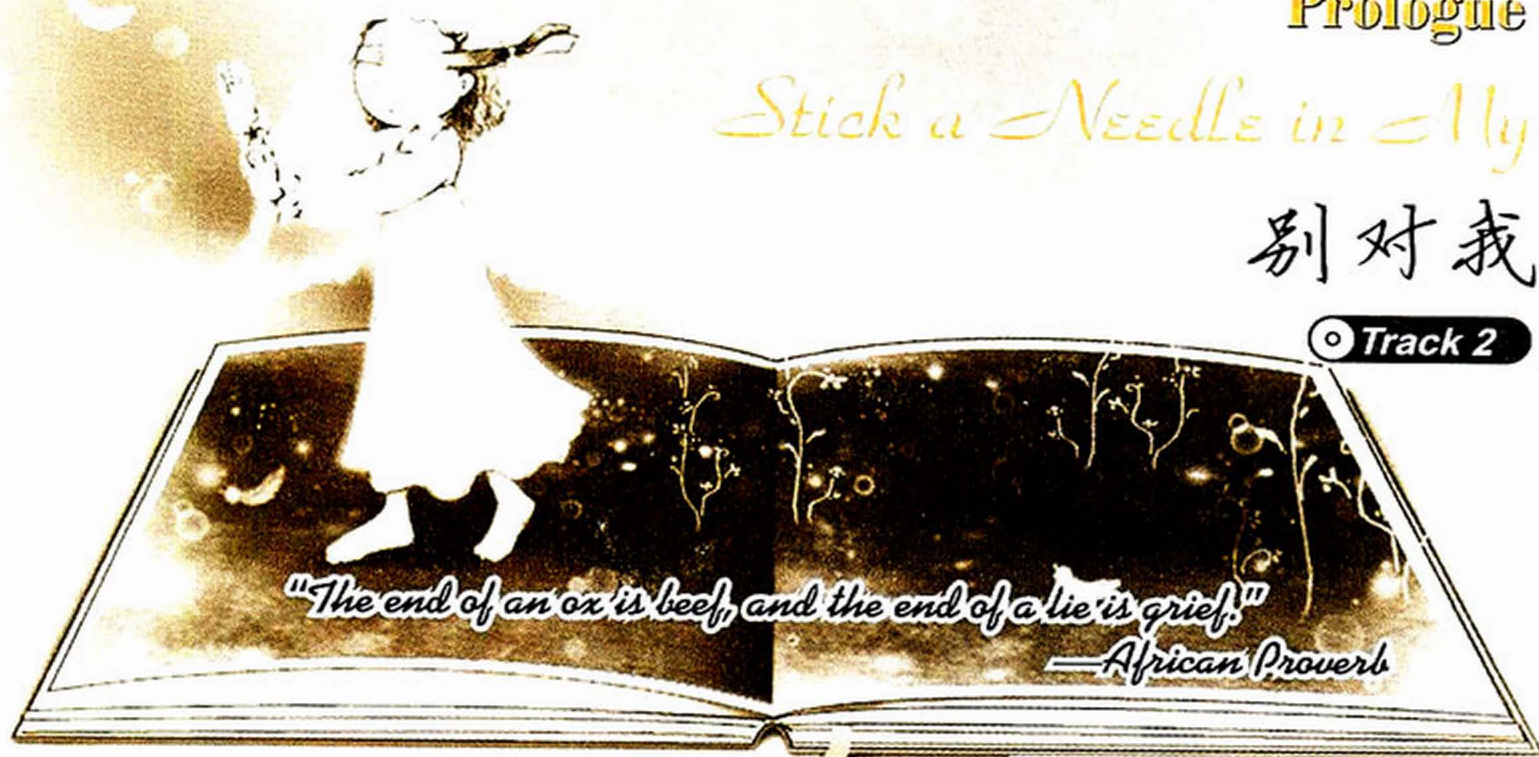
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Stick a Needle in My Eye

别对我撒谎

Track 2

by Mitchell Kelly
Maisie 译

We tell ourselves lies every day. We pretend we don't see the homeless man who is really in need on the street, extending his hand, begging for a buck. We lie to ourselves because it's easier than looking him in the eye and seeing the anguish that comes with a life we could never fully understand. Lies flow from us all the time. For some, it comes easy, others are terrible liars. At first, lies can make us feel good, but be careful—more often than not, they will come back and bite us on the butt.

This month, our feature articles take a very honest look at lies. First up, we look at the connection between lying and gender. *Do Men or Women Lie the Most?* sees doctors and sociologists weighing in on the issue and explaining the differences between the sexes. The key message they present: be truthful at any cost.

In *Cultivating a Lie* we track the journey of a lie and explore the fine line between a half-truth and a full-blown lie. We discover that there really are no happy endings to a lie, and find that honesty really is the best policy.

The consequences of lying are further demonstrated in *Angel at the Fence*, a disturbing example of how lies can snowball out of our control. One man shows that he is willing to go to any lengths to keep his lie alive—until he is caught out. What was the biggest lie you have ever caught someone out on? With some tips from *Six of the Most Common Lying Gestures* you can be sure to spot a liar from a mile away.

Lies represent the darkest side of human nature. On the flip side is honesty—a human quality that brightens the streets we walk on, the streets the homeless man roams. When you see him, don't turn a blind eye. Give him a dollar, or, at the very least, give him a warm, sincere smile. ☺

每一天，我们都对自己撒谎。我们假装自己没有看见大街上那伸手讨钱，确实需要帮助的流浪汉。我们这么做是因为，比起直视他而看见那种我们从来不能完全理解的生活所带来的痛苦，欺骗自己相对轻松。我们一直谎言不断。对有些人来说，说谎很容易；而有些人则是很厉害的说谎者。起初，谎言可能会使我们感觉良好，不过要小心——它们时常会回头反咬我们一口。

这个月，我们在主题故事里坦诚地说说“谎言”。首先，我们看看撒谎和性别之间的关系。《男人Vs. 女人：谁才是大话王？》一文中，一些学者和社会学家就这一话题表达了各自的看法，并解释了男女撒谎的不同之处。他们传递出的关键信息是：无论如何都要诚实。

在《谎言之“罪”》一文里，我们追寻谎言的足迹，去探究“闪烁其词”和“彻底假话”之间的细微界线。从中我们发现，谎言真的不会带来快乐的结局，诚实的确是上策。

撒谎的恶果在《铁丝网外的天使》一文中得到了更进一步的展现。这个令人不安的事例让我们看到了谎言是如何像滚雪球一样越来越大，进而变得失控。为圆谎，文中的主人公无所不用其技——直到被拆穿。你曾揭穿过他人什么样的弥天大谎呢？借助《六个最常见的说谎小动作》一文提供的一些小技巧，你肯定能轻而易举地看穿那些大话王。

谎言代表着人性中最黑暗的一面。它的反面是诚实——这种人类品质会照亮我们穿行的街道，照亮流浪汉所徘徊的街头。当你看见他时，不要视而不见。给他一美元，或者，最起码，给他一个温暖而真诚的微笑。☺

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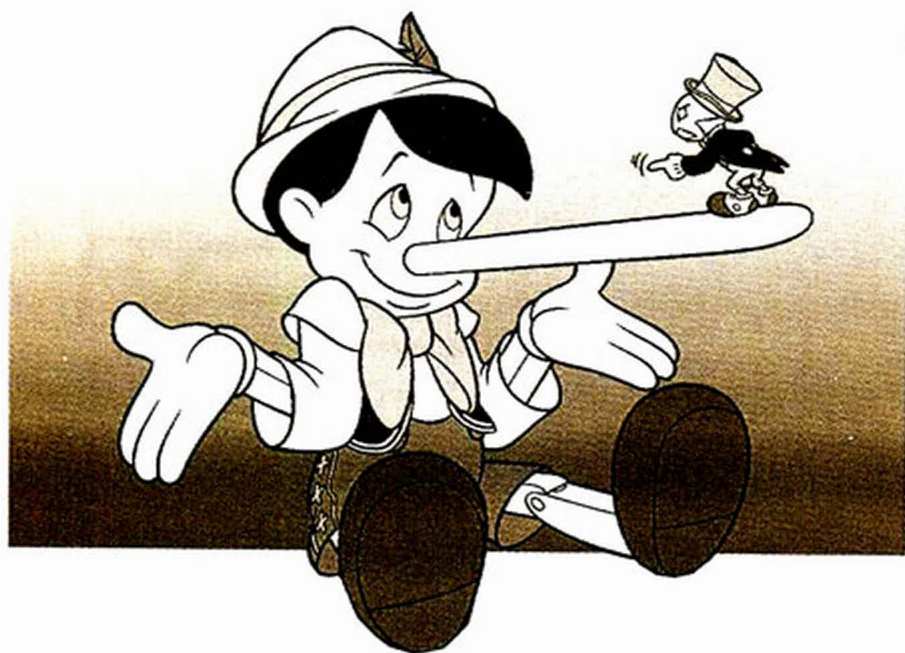
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A TREND WITH TEETH

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■ by Ruth La Ferla, from nytimes.com

——叶译

恋 上 你 的 血

“吸血鬼”，与“永恒”脱不了关系。永恒的黑夜，永恒的生命，永恒的美艳和永恒的神秘。他们独特的魅力和恐怖让人避之不及却又难以忘怀。于是人们一再向他们投去爱恨交织的眼神，一再在各类作品中探讨他们的存在，他们的秘密。褪去中世纪的衣服，今天他们用新世纪的霓裳装身，外加一双媚眼和一抹红唇，以新姿态向人们娓娓道来一个潜藏千年的故事……

——Mac

The symptoms are ¹⁾**unnerving**: a taste for fresh meat—²⁾**rare**, if you please; an ³⁾**aversion** to sunlight; and a passion for ⁴⁾**spectral**-looking, fine-boned ⁵⁾**rakes**. All are indications that the sufferer has been bitten by a ⁶⁾**vampire**.

Sookie Stackhouse, the young heroine of ⁷⁾*True Blood* on HBO, risks ⁸⁾**doom** whenever she visits with her ⁹⁾**otherworldly** ¹⁰⁾**beau**. And Oskar, the adolescent ¹¹⁾**misfit** of the Swedish art film ¹²⁾*Let the Right One In*, a favorite in fashion circles, ¹³⁾**courts** extinction each time he ventures out with Eli, the ageless vampire he befriends.

Sookie and Oskar are ¹⁴⁾**in the throes of** vampire lust, a pop-culture ¹⁵⁾**contagion** being spread via television, films and fiction. What began with the *Twilight Saga*, the ¹⁶⁾**luridly** romantic young-adult series by Stephenie Meyer, followed by *Twilight*, the movie, has been widely accepted.

Is it a wonder?

Rarely have monsters looked so ¹⁷⁾**sultry**—or so camera-ready. “There is something so still and sexy about these young ¹⁸⁾**erotic** predators,” said Julie Plec, the writer and executive producer of ¹⁹⁾*The Vampire Diaries*, a forthcoming series on the CW network based on the popular novels.

This generation of undead ²⁰⁾**prowls** high school hallways and dimly lighted dance clubs as

以下症状令人胆战心惊：嗜鲜肉——可以的话，要半生不熟的；讨厌阳光；特别钟情于外貌“鬼里鬼气”，身材瘦削的放荡公子。这些症状都表明患者被吸血鬼咬过。

HBO电视台的连续剧《真爱如血》中，年轻的女主角萨姬·斯塔克豪斯每次与她那“异世界”情郎会面时，都要冒着生命危险。还有，瑞典艺术电影《血色入侵》里的那个孤僻少年奥斯卡——现实中他的形象其实颇受时尚界的青睐——每次跟永不变老的吸血鬼朋友艾莉一起外出时，都要面临灭顶之灾。

对吸血鬼的渴望折磨着萨姬和奥斯卡，而这股“吸血鬼热”，作为当下的一种流行文化，正通过电视、电影和小说散播开来。由斯蒂芬妮·梅尔创作，充满“血色浪漫”的青春系列小说《暮色》掀起了一股新潮流，紧跟着是改编自小说的电影《暮色》，两者引发的“吸血鬼热”已风靡各地。

这是一种奇迹吗？

很少怪物能看上去如此性感——或者说如此上镜。“这群年轻的嗜血尤物隐隐透露出安静和性感的特质，”《吸血鬼日记》的编剧和执行制作人朱丽叶·普莱克说道。

《吸血鬼日记》是CW电视台即将推出的电视连续剧，改编自同名畅销小说。

这一代的活死人游走于中学的走廊里和灯光昏暗的舞厅里，一如从前地散发着

1) unnerving [ʌn'nevɪŋ] adj. 使人失常的

2) rare [reə] adj. 未完全煮熟的

3) aversion [ə'veɜːʃən] n. 厌恶

4) spectral ['spektrəl] adj. 鬼怪似的

5) rake [reɪk] n. 纨绔子弟

6) vampire ['væmpaɪə] n. 吸血鬼

7) True Blood 《真爱如血》，HBO电视台剧集，讲述一个懂得读心术的女侍应与一个吸血鬼之间的爱情故事

8) doom [duːm] n. 毁灭

9) otherworldly [ˈʌðə'wɜːldli] adj. 非现实世界的

10) beau [bəʊ] n. 情郎

11) misfit ['mɪsfɪt] n. 不适应环境的人

12) Let the Right One In 《血色入侵》，讲述一个孤独的12岁小男孩与他的吸血鬼邻居之间的情感纠葛

13) court [kɔːt] v. 招致

14) in the throes of 处在…的痛苦中

15) contagion [kən'teɪdʒən] n. 传染

16) luridly ['ljʊərɪdli] adv. 血红地

17) sultry ['sʌltri] adj. 性感的

18) erotic [ɪ'reɪtɪk] adj. 情欲上的

19) The Vampire Diaries 《吸血鬼日记》，CW电视台剧集，讲述某小镇上两名一正一邪的吸血鬼兄弟争夺一个美丽少女的故事

20) prowl [praʊl] v. 徘徊



menacing—and as ²¹⁾**seductive**—as they have ever been. The June premiere of the second season of *True Blood*, in which Sookie, played by ²²⁾**Anna Paquin**, is reunited with her ²³⁾**fanged** beau, drew 3.4 million viewers, making it HBO's most-watched program since the ²⁴⁾*Sopranos* ²⁵⁾**finale** in 2007.

The style world, too, has come under the vampire's ²⁶⁾**spell**. The undead are returning ²⁷⁾**with a vengeance**, in part because they “personify real-world anxieties,” said Michael Dylan Foster, an assistant professor in the department of ²⁸⁾**folklore** at Indiana University.

“Especially during these post-9/11 times of increased ²⁹⁾**vigilance**, representations like the *Twilight* series reflect a kind of conspiracy-theory mentality, a fear that there is something secret and dangerous going on in our own community, right under our noses.”

Given all that baggage, what keeps vampires so ³⁰⁾**alluring**?

One might point to their combination of deathless good looks and ³¹⁾**decadent** sexuality. Their faces,

危险与诱惑的气息。在六月份首播的《真爱如血》第二季里，由安娜·帕奎因扮演的萨姬和她那长着尖牙的情人团聚了。这吸引了340万的观众收看，使其成为自2007年《黑道家族》大结局播出以来HBO收视率最高的节目。

时尚界也被这股吸血鬼魔力迷倒。活死人强势回归，这部分是因为吸血鬼是“现实世界中焦虑的化身”，印地安那大学民间传说研究部的助理教授迈克尔·迪伦·福斯特如是说。

“尤其是后‘9·11’时期，四处加强戒备，这一时期的作品，如《暮色》系列小说，反映了一种阴谋论心理，反映了人们的恐惧心理——害怕就在自己的社区里，自己的眼皮底下暗涌着一些不为人知的危险事物。”

考虑到那些精神上的包袱，那还有什么使吸血鬼如此魅力无穷？

有人可能会指吸血鬼身上兼具不老的容颜和颓荡的情色是他们的魅力所在。正如《暮色》里所描述的，“他们的面孔都



Hero & Heroine of *Twilight*, Picture from *Entertainment Weekly*

as described in *Twilight*, “were all ³²⁾devastatingly, inhumanly beautiful. They were faces you never expected to see except perhaps on the ³³⁾airbrushed pages of a fashion magazine.”

Vampirelike glamour figures strike ³⁴⁾come-hither poses in a flurry of recent fashion publications. Portrayed as ³⁵⁾androgynous creatures in the June issue of *W*, they affect killer glares, their menace emphasized by their ³⁶⁾pallor. The vampire’s attraction is “all about the ³⁷⁾titillation of imagining the monsters we could be if we just let ourselves go,” suggested Rick Owens, a fashion ³⁸⁾bellwether. “We’re all fascinated with corruption, the more glamorous the better.”

In *New Moon*, the *Twilight* ³⁹⁾sequel that will open in November, the lead vampire Edward is a noble ⁴⁰⁾swain,

超乎凡人般地惊艳。这些面孔，你也许只能在经过润饰的时尚杂志上才可以看到。”

打扮成吸血鬼的尤物摆出诱惑的姿势，如疾风般占领了近期的时尚杂志。在六月号的《W》杂志中，这群尤物雌雄莫辨，目露凶光，而惨白的肤色使他们更具威胁感。吸血鬼的吸引力在于“想象自我放纵，化身魔鬼的一切快感。”时尚先锋尼克·欧文指出，“我们都对堕落着迷，越着迷，越是感到快乐。”

将于11月上映的《暮色》续集《新月》中，男主角吸血鬼爱德华是一名高风亮节的情人，所表现出

21) seductive [sɪ'dʌktɪv] adj. 具有诱惑力的

22) Anna Paquin 安娜·帕奎因，加拿大女演员，凭借《真爱如血》获得了第66届金球奖剧情类最佳女主角奖

23) fanged [fæŋd] adj. 长着尖牙的

24) Sopranos 《黑道家族》，HBO电视台剧集，一部描写美国新泽西州北部意大利裔黑手党生活的剧集

25) finale [fɪ'naɪl] n. 结局

26) spell [spel] n. 魅力

27) with a vengeance 猛烈地

28) folklore ['fəʊklɔ:] n. 民俗学

29) vigilance ['vɪdʒɪləns] n. 警觉

30) alluring [ə'ljʊərɪŋ] adj. 诱惑的

31) decadent ['dekədənt] adj. 颓废的

32) devastatingly ['devəstetɪŋli] adv. 令人震惊地

33) airbrush ['eəbrʌʃ] v. 用喷雾器喷，此指润色处理

34) come-hither 诱惑人的

35) androgynous [æn'drɒdʒɪnəs] adj. 雌雄同体的

36) pallor ['pælə] n. 苍白

37) titillation [tɪtɪ'leɪʃən] n. 愉悦

38) bellwether ['bel.wedə] n. 领导者

39) sequel ['si:kwəl] n. 续篇

40) swain [swaɪn] n. <古> 情人



performing feats of ⁴¹⁾**valor** reserved for Superman. Seductive as he is, he, too, is a model of restraint. More than once in the original film Edward stops short of draining Bella, his mortal girlfriend. “I don’t want to be a monster,” he tells her urgently (though it seems she wouldn’t mind).

“Edward has rejected all humanity, but he is struggling to be human,” Ms. Plec said, adding: “There is always the question, ‘Does this person have it in him to be good, to make the right decision?’ It’s a theme that works in films and television.”

Impulse-control is an especially ⁴²⁾**resonant** theme in the current era of conflicts and cutbacks. “Periods of war, economic downturns and cultural turmoil all give rise to the production of vampire and fantasy fiction,” said Thomas Garza, chair of the department of ⁴³⁾**Slavic** and ⁴⁴⁾**Eurasian** studies at the University of Texas at Austin, and a specialist in vampire ⁴⁵⁾**lore**. “With a recession and war, the conflict has indeed seemed to turn inward, as we question our fiscal, political and moral status. ‘Have we been too excessive? Do we need to be more restrained?’ We seem once again to be questioning these very fundamental values.”

And, at the same time, renewing a ⁴⁶⁾**flirtation** with the dark side. Emily Rose, a performance poet in Chicago cataloged vampire’s ⁴⁷⁾**exquisite** charms: “the ⁴⁸⁾**wantonness**, the gorgeousness, eternal youth, ⁴⁹⁾**invulnerability** and, of course, the night life—staying up way past your bedtime.”

Surely there are worse things. Ms. Rose said. “Having somebody ⁵⁰⁾**clamp** onto your neck and ⁵¹⁾**drain** you — that doesn’t seem so scary anymore.”

“It wouldn’t be on my top 10 list of ways not to die,” she added, “especially if that vampire is at all attractive.”

的勇举可媲美超人。他，不仅帅气迷人，也是个节欲典范。在第一部电影里，好几次他想要吸凡人女友贝拉的血，但都及时地悬崖勒马。“我不想成为魔鬼，”他急切地对她说（虽然她并不介意）。

“爱德华拒绝所有的人类情感，却又挣扎企求人性，”普莱克女士说，她还补充道：“又是老问题：‘他有能力成为一个好人，做出正确的决定吗？’这是电影和电视作品爱发挥的一大主题。”

在当今这个冲突不断，节衣缩食的年代里，“控制冲动”是个特别容易引起大众共鸣的话题。“战事纷争、经济衰退、文化骚动都促使吸血鬼类作品和魔幻小说走向繁盛，”奥斯丁得克萨斯州大学斯拉夫和欧亚研究部的主席、吸血鬼文化专家托马斯·加尔扎说道，“随着经济衰退和战争的出现，冲突似乎转为内部化，我们开始质问财政、政治和道德现状。‘我们是否太过火了？我们是否需要更克制些呢？’我们似乎再次质疑这些非常基本的价值观。”

同时，对阴暗面的撩拨又被重燃。芝加哥的表演诗人艾米莉·露丝把吸血鬼的独特魅力归纳为：“放荡形骸，奢华惊艳，青春常驻，坚不可摧，当然，还有夜生活——夜深仍可眠作乐。”

当然，也有更糟糕的一面。露丝女士说：“被紧咬脖子和吸干血已经不再是什么恐怖的事情了。”

她还说：“这肯定不会列在我那‘十大要不得之死法’上，尤其要是那个吸血鬼异常英俊的话。”

41) valor ['vælə] n. 英勇

42) resonant ['rezənənt] adj. 共鸣的

43) Slavic ['slævɪk] adj. 斯拉夫语的

44) Eurasian [juə'reɪʒən] adj. 欧亚的

45) lore [lɔ:] n. 知识

46) flirtation [flɜ:'teɪʃən] n. 挑逗

47) exquisite ['ekskwɪzɪt] adj. 优美的

48) wantonness ['wɒtənɪs] n. 淫乱

49) invulnerability [ɪn'vʌlnərəbɪləti] n. 刀枪不入

50) clamp [klæmp] v. 夹紧

51) drain [dreɪn] v. 排干

经典吸血鬼电影推荐

小资料



改编自美国“魔幻教母”安妮·莱斯同名小说，故事是从两个男子的邂逅开始，一个是历尽沧桑活了两百年的吸血鬼，一个是专门以真人真事来制作节目的制作人。相遇的当晚，这个吸血鬼娓娓道出自己所经历的一切，其中包括自己如何从凡人变成吸血鬼以及自己在这两百年间的流浪故事。该片云集了当时好莱坞最美（估计现在也还是）的三位男星——汤姆·克鲁斯，布莱德·皮特和安东尼奥·班德拉斯。一个美丽又黑暗的故事，你能找到不看的理由吗？

INTERVIEW
WITH THE
VAMPIRE



LOVE NEVER DIES



吸血鬼情迷吸血鬼 1931

该片是大导演弗朗西斯·科波拉的作品。影片以传说中吸血鬼的始祖——罗马尼亚达克拉伯爵为主人公，讲述了他长达四百年的爱恋。影片上映后被批故事不够连贯，布景和特效过于奇异。但是这部电影讲述了穿越四百年的情与欲，以及为我们奉献了有史以来最伟大的吸血鬼情圣——这就够了。

刀锋战士 1998

讲述吸血鬼猎人惠斯特在吸血鬼出没的场所，拯救即将被吸血鬼吞噬的人类的故事。刀锋下的快意恩仇和正邪对决，加上超炫的特技和武打场面，让人看到真正意义上的现代吸血鬼的爱恨世界。

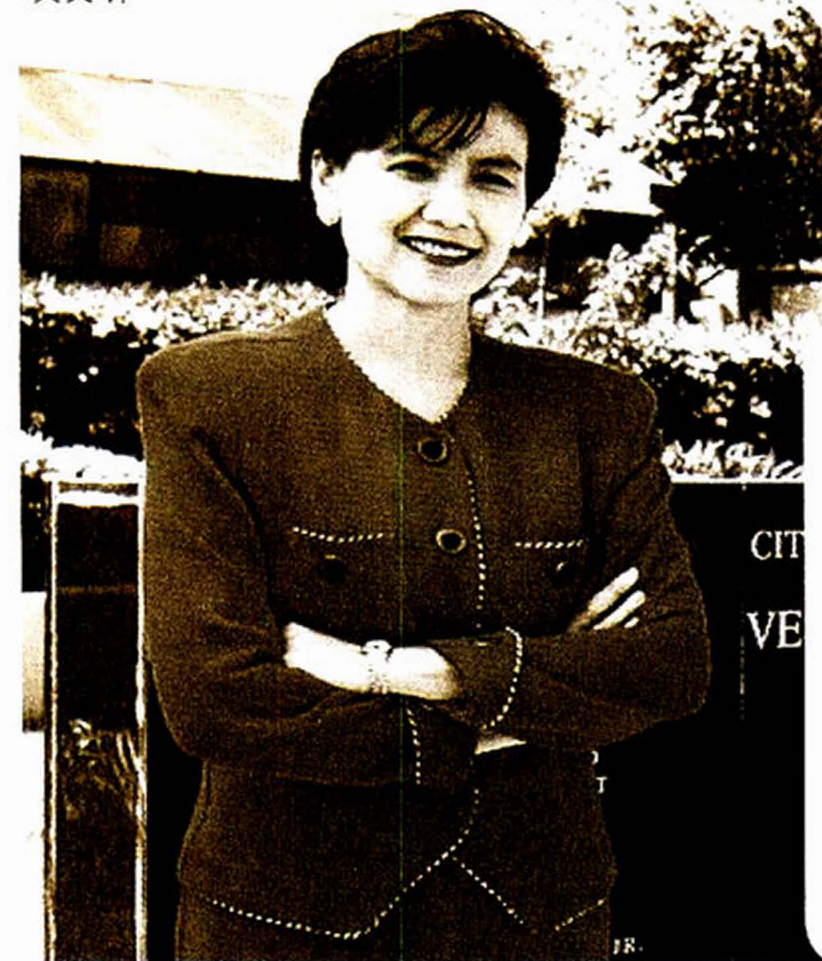


吸血鬼猎人D：杀戮的命运 2000

改编自日本著名幻想小说家菊地秀行系列小说《吸血鬼猎人D》中的《妖杀行》。故事发生在中世纪文明与现代科技交织的未来。吸血鬼贵族梅尔林克与人类少女夏洛特一见倾心，继而计划私奔到太空之上的“夜之都”。少女家人雇了吸血鬼猎人“D”追踪，而另一队赏金猎人（为了金钱而接任务的人）“马克斯”也要分一杯羹。但是，所有人都在不知不觉中陷入了恐怖的吸血女伯爵卡蜜拉的圈套之中……除却华丽的视觉效果，感人至深的爱情让人领会到什么是“生命中不能承受的爱与痛”。

Judy Chu: the First Chinese American Congresswoman

赵美心：美国国会首位华裔女议员



美国东部时间7月16日上午11时30分（北京时间7月17日零时30分），在美国众议院议长佩洛西的监督下，美国国会首位华裔女议员赵美心在华盛顿国会山宣誓就职。这一天她创造了美国华裔从政的新历史。她也是继吴振伟之后的第二位华裔国会议员。

奥巴马上台后，美国政府高层中不断出现华裔的身影，比如美国现任能源部长朱棣文和商务部长骆家辉。现在，赵美心说：“我很骄傲能够成为美国国会第一位华裔女议员。”

赵美心当选美国国会首位华裔女议员一事在海内外华人之间反响热烈，正如美国首位华裔女市长陈李琬若所言：“希望赵美心能够‘登高一呼’，为华裔做些实际好事，而不仅仅是为国会增加了一个黄面孔和一个中国姓氏。”我们期待这位始终保持微笑的巾帼女杰能在新的岗位上大显身手，再创佳绩！

On Tuesday (July 14th), adding to a 24-year political career launched on a local school board, Judy Chu became the first Chinese American woman elected to Congress. She won a special election—with nearly 62% of the vote—in the 32nd ¹⁾Congressional District.

She won this election in much the same way she ²⁾posted earlier victories—expanding on her Asian base (about 13% of voters in the congressional district) to win support among ³⁾Latinos (who make up almost half of the registered voters in the district), ⁴⁾organized labor (a major element in the largely working-class district) and women. Her years on the ⁵⁾Garvey School Board and the ⁶⁾Monterey Park City Council and representing a local ⁷⁾Assembly district made her a trusted household name among ⁸⁾San Gabriel Valley political leaders, many of whom crossed party and ethnic lines to support her.

One is Republican Betty Couch, who said she found common ground—and friendship—with the ⁹⁾unabashedly liberal Chu when they served together

星期二（7月14日），赵美心，从当地教育董事会起步，有着24年从政生涯的她，成为了首位进入美国国会的华裔女性。在第32选区，她以近62%的选票支持率从特别选举中胜出。

她赢得这场选举的方式和她以往取得胜利的方式很是相同——拓宽她的亚洲根基（区内13%的选民为亚裔），赢得包括拉美裔选民（区内几乎一半的登记选民为拉美裔）、工会工人（工薪阶层为主的选区的主要组成部分）和妇女的支持。她在嘉伟教育董事会和蒙特利公园市市议会工作过，还担任过地方议会区代表，这些经历使她成为备受圣盖博谷政界领袖信任的明星人物，他们中许多人跨越了党派和种族界别来支持她。

其中就有共和党人贝蒂·考其，她说，在和赵美心一起在蒙特利公园市市议会共事时，她与这位泰然自若

on the Monterey Park City Council. “She does her homework, she listens, and she really cares about people,” said Couch.

Judy Chu was born on July 7, 1953, in Los Angeles, and was the second of four children in her family. Her father worked as an electrical technician for ¹⁰⁾ **Pacific Bell** and her mother was a ¹¹⁾ **cannery** worker. Judy Chu can trace the beginnings of her career as a San Gabriel Valley activist and political leader back to the early 1970s and her freshman year in college. As the young math major, intent on a career in computer science, was crossing the ¹²⁾ **UC Santa Barbara** ¹³⁾ **quad** one day, someone ¹⁴⁾ **thrust** into her hand a ¹⁵⁾ **flier** about a new Asian American studies course. She decided to give it a try. “It was like a light went off in my head,” Chu recalled. She learned about the history of Asian immigrants and their children, the discrimination and stereotypes they endured and their contributions to American life and culture.



- 1) Congressional District 选举区。the 32nd Congressional District (第32选区) 位于美国加州
- 2) post [pəʊst] v. (张贴) 宣布, 公布
- 3) Latino [lə'ti:nəʊ] n. 拉丁美洲人, 具有拉美血统的人
- 4) organized labor 隶属工会的工人
- 5) Garvey School Board 嘉伟学区教育董事会, 蒙特利公园市一个管理公立学校的地方董事会
- 6) Monterey Park 蒙特利公园市, 美国加州南部一城市, 是洛杉矶华人社区中心
- 7) Assembly [ə'sembli] n. 州议会, 州议会议员
- 8) San Gabriel Valley 圣盖博谷地区, 美国洛杉矶市一个规模较大的华裔居住区



赵美心从政时间简表

1985年, 赵美心成功参选嘉伟学区教委, 走上参政之路。

1988年, 赵美心当选蒙特利公园市市议员, 在这一职位上耕耘了12年。

2001年, 赵美心当选为加州第49选区众议员, 两次竞选连任都获得了成功。

2006年, 赵美心转换跑道, 竞选加州税务委员会委员成功, 选区涵盖洛杉矶县大部分地区。

2009年, 原联邦32选区众议员, 民主党籍的赵美心当选为美国首位华裔女性联邦众议员。

的自由党人之间找到了共同点并建立起友谊。“她会做好工作, 会倾听他人, 而且她真的很关心别人。”考其说。

赵美心, 1953年7月7日出生于美国洛杉矶, 在家里四个孩子中排行老二。父亲是太平洋贝尔公司的电气技术员, 而母亲则是一间罐头厂的工人。赵美心的从政生涯最早可追溯到20世纪70年代早期, 那时她正上大一, 是圣盖博谷的一名社会活动人士和政治领袖。当时, 她学数学专业, 想着以后要投身计算机科学领域, 有一天, 走在圣塔巴巴拉加大校园里, 突然有人塞给她一张有关新课程——亚美史研究的宣传单。她决定去选修这门课程。“那就像是我的脑子里突然闪现的灵光。”赵美心回忆道。通过这门课程, 她了解到亚裔移民及其子孙的历史, 他们所遭受的歧视和遵循的陈规, 以及他们对美国社会生活和文化所作出的贡献。

- 9) unabashedly ['ʌnə'beɪʃdli] adv. 沉着地, 泰然自若地
- 10) Pacific Bell 太平洋贝尔公司, 美国西海岸一家知名的电信服务提供商
- 11) cannery ['kænəri] n. 罐头工厂
- 12) UC Santa Barbara 加州大学圣塔芭芭拉分校, 一所公立大学, 是加州大学十间分校之一, 成立于1868年
- 13) quad [kwɒd] n. 方院, 方庭
- 14) thrust [θrʌst] v. 塞, 插入
- 15) flier ['flaɪə] n. (广告) 传单

One of the guest speakers was Pat Sumi, a third-generation Japanese American whose activism included registering blacks to vote in Mississippi and Georgia and organizing protests against the Vietnam War. “It was the very first time it occurred to me that an Asian American woman could be a leader,” said Chu, who began volunteering with various causes, ¹⁶⁾transferred to ¹⁷⁾UCLA and gave up computers for ¹⁸⁾clinical psychology.

It was while she was a student at UCLA that Chu met her future husband, attorney Mike Eng. The couple married in 1978. Chu, who holds a ¹⁹⁾doctorate in psychology, continued teaching at ²⁰⁾Los Angeles City College, then at ²¹⁾East Los Angeles College, and Eng practiced immigration law. By the early 1980s, the couple had settled in Monterey Park, which was experiencing an ²²⁾influx of immigrants from Mainland China, Taiwan and Hong Kong, sparking a ²³⁾backlash among some longtime residents who sought a ban on Chinese-language ²⁴⁾storefront signs. When a divided City Council voted in 1986 to support a resolution ²⁵⁾endorsing English as the nation’s official language, Chu, by then on the school board, and Eng helped form the Coalition for Harmony in Monterey Park(CHMP).



赵美心宣誓就职

该课程的其中一位客座讲者是帕特·苏米，她是第三代日裔美国人，她参与的社会活动包括为密西西比州和乔治亚州的黑人争取选举投票权，组织反对越战的抗议活动等。“那是我第一次意识到，一位亚裔美国女性也可以成为一名领袖。”赵美心说。之后，她开始志愿参与各种各样的活动，并转学到美国加州大学洛杉矶分校，放弃了计算机专业而转学临床心理学。

在加州大学洛杉矶分校读书时，赵美心认识了她现在的丈夫——律师伍国庆。他们于1978年结婚。拥有心理学博士学位的赵美心先后在洛

杉矶城市学院、东洛杉矶学院任教，而伍国庆则从事与移民法有关的工作。在20世纪80年代早期，夫妇俩在蒙特利公园市定居。当时，来自中国内地、台湾和香港的移民大量涌向这里，引发一些久居此地的本地居民的不满，要求店铺外面的标识牌匾禁用中文。1986年，尽管市议会内对此有意见分歧，但最终的投票结果还是支持一项决议——把英语定为该国的官方语言。此时赵美心正在当地的教育董事会工作，而伍国庆则帮助成立了蒙特利公园市的“和谐联盟”。



华人政坛的“金童玉女”

华裔移民从1980年代起大量涌入加州圣盖博谷定居，赵美心和丈夫伍国庆正好赶上华裔新移民给美国社会变迁带来冲击的年代。他们夫妻俩因热心、具有华人身份、高学历等背景，受到华人社区的欢迎，两人被誉为华人政坛的“金童玉女”。

赵美心夫妇是“丁克”夫妻，没有孩子，他们的家庭生活主要以两人为中心，“我们几乎每周都会看一次电影，然后聚餐。”他们俩把大量时间用在工作上，因此很珍惜在一起的时光。赵美心说，如果他俩都有假期，他们也会一起出外旅行，到各地游玩。

“Judy and Mike were always trying to find ways to bring people together,” said Jose Calderon, another member of CHMP who is now an associate professor at ²⁶⁾Pitzer College. They started “harmony days” to celebrate the city’s various cultures, and they led a ²⁷⁾petition drive that moved the council to ²⁸⁾rescind its divisive resolution. Chu was elected to the council in 1988 and, in 2001, won an Assembly seat.

Marilyn Calderon, who served on Chu’s legislative staff in the Assembly, said her former boss always encouraged her employees to aim high and insisted they remember they were there to help people who needed them. “She’s a hard, hard worker.” Calderon said.

Chu, who sworn in Washington, D.C. on Thursday (July 16th), said she plans to come home every weekend. She said that she and Eng will continue their practice of once-weekly “date nights” of dinner out or a movie—their way of coping with careers that put them in different cities.

“朱迪和迈克一直在努力想办法把人们团结起来。”“和谐联盟”的一位成员，现任匹泽学院副教授的乔斯·卡尔德隆说。他们夫妇创设了“和谐日”来庆祝这个城市的多元文化，他们还领导了一次请愿活动，提议市议会废除其制造分裂的决议。1988年，赵美心经选举进入市议会。2001年，她赢得了州议员席位。

玛丽莲·卡尔德隆是赵美心在州议会法律部门的下属。她说，她的前上司（即赵美心）总是鼓励下属们要志存高远，并且强调他们在议会工作是为了帮助那些需要他们的人。“她是一个非常勤奋、努力的人。”卡尔德隆说。

周四（7月16日），赵美心在华盛顿宣誓就职。她说，她计划每周末回家。（编者注：美西地区的联邦众议员几乎是“空中飞人”，周一至周五在华盛顿的国会大厦办公，周末回到选区服务。）她和丈夫会继续他们每周一次的“约会之夜”——出去吃饭或看电影——这是他们应对因工作而不在同一城市生活这一情形的方式。



竞选花魁 “双赵”之争

“双赵”，即赵美心和赵谭美生（后改名为赵美生，共和党籍）。赵美生与赵美心有亲戚关系。赵美生的家翁，与赵美心的爸爸是堂兄弟。所以，可以说，赵美心击败的是她的“堂嫂”。



赵美生

16) transfer to 转学到

17) UCLA abbr. University of California at Los Angeles 加州大学洛杉矶分校，美国享誉盛名的公立大学之一，成立于1880年

18) clinical ['klɪnɪkəl] adj. 临床的

19) doctorate ['dɒktərɪt] n. 博士学位，博士头衔

20) Los Angeles City College 洛杉矶城市学院，目前美国最大、科目最齐全的社区大学之一，成立于1929年

21) East Los Angeles College 东洛杉矶学院，美国加州一所两年制公立社区大学，成立于1945年

22) influx ['ɪnflʌks] n. 汇集，涌进

23) backlash ['bæklaʃ] n. 激烈反对，激烈反应

24) storefront ['stɔːfrʌnt] n. 临街铺面

25) endorse [ɪn'dɔːs] v. 认可，批准

26) Pitzer College 匹泽学院，美国加州一所私立学校，成立于1963年

27) petition [pɪ'tɪʃən] n. 请愿，恳求

28) rescind [rɪ'sɪnd] v. 废除，取消



主题札记

谎言，一个不容忽视也无法回避的话题——每个人时不时都可能会说谎，无论是善意的小谎言，还是恶意的弥天大谎。谎言，就如一面镜子照出人的另一面。

看美剧 *Lie to Me* (《别对我撒谎》) 时，蓦然发现，我们虽然可以借助高科技仪器以及通过研究人的各种细微表情来识别大大小小的谎言，但人心何其复杂，谎言又何其多。何况一旦谎言被识破，痛苦的往往不只是说谎者，拆穿谎言的人也难免会因此对这世界多存一份怀疑。长久下去，我们生活的世界可能会变成一个缺乏诚信，充斥谎言的可怕地方。而那将是人类莫大的悲哀！

海涅说：“生命不可能从谎言中开出灿烂的鲜花。”正因如此，在这个真实和谎言纠结的年代，我们需要揭开谎言的面纱，一探究竟——毕竟从心底里，我们更渴望彼此真实以对，坦诚相待！

——Maisie

Do Men or Women Lie the Most?

文字难度: Track 3

Author Unknown

小狐译

It's been said that "everybody lies sometimes." And it's true. Everyone does lie from time to time. Men lie; women lie. Husbands lie, friends lie, wives lie, and believe it or not, your mother might lie.

A recent study showed that 91 percent of all People lie on a regular basis, and people tell at least 13 major lies a week, according to a recent segment of ¹⁾*The Oprah Winfrey Show* called the "Liar, Liar Test." Since lying occurs so frequently, ²⁾*Jet* polled a number of psychologists, sociologists, marriage counselors and other experts to find out: Do men or women lie the most?

The first thing one has to understand about lying is that there are at least five different types of liars: the model of absolute ³⁾integrity, the real ⁴⁾straight-shooter, the ⁵⁾pragmatic ⁶⁾fibber, a real ⁷⁾Pinocchio and the ⁸⁾compulsive liar, according to sociologist-⁹⁾anthropologist Dr. Gina Graham Scott.

男人Vs. 女人：谁才是大话王？



据说“每个人时不时都会撒谎”，这话不假。每个人偶尔都会撒撒谎。男人撒谎，女人撒谎。丈夫撒谎，朋友撒谎，妻子撒谎，而且信不信由你，你的母亲也可能撒谎呢。

最近的一项调查显示，在所有受访人之中有91%的人经常撒谎。近期一集《奥普拉·温弗瑞秀》中的

的大话王测试环节表明，

人们一个星期里至少要撒13次大谎。由于谎言出现得如此频繁，著名时尚杂志《JET》请来一大批心理学家、社会学家、婚姻顾问和其他专家，一起探讨一个问题——究竟是男人还是女人更爱撒谎？

根据社会学家兼人类学家吉娜·格雷厄姆·斯科特博士的观点，说到撒谎的人，首先要了解的是他们至少可以分为五类：绝对诚实的典范、相当坦诚正直的人、功利撒谎者、现实匹诺曹和撒谎成性的人。

Dr. Scott explained that the model of absolute integrity “is one who is very ethical, and almost rarely lies.” The real straight-shooter is “an occasional, flexible liar, but most of the time, the person will tell the truth,” Dr. Scott notes. “If someone says, ‘Do you like my tie?’ and he answers yes, but he really hates it, he will say he likes it because he doesn’t want to say something negative or bad.”

The pragmatic fibber is one who lies “when the situation calls for it. A situational liar lies when he feels like it’s in his best interest,” Scott says. She describes the real Pinocchio liar as “someone who exaggerates. For example, the salesman who goes beyond the ¹⁰⁾hype and exaggerates. He has no ¹¹⁾qualms about lying and will tell people things to get something from them”. And the compulsive liar is “somebody who just can’t tell the truth,” Scott explains. “He lies about almost everything, even when he doesn’t have to; this is

斯科特博士解释说，绝对诚实的典范是“那些行事非常合乎道德规范，且几乎不怎么撒谎的人。”而相当坦诚正直的人是“一个会看情形偶尔撒谎的人，但大多数时候这种人会说实话。”斯科特博士指出：“如果有人问：‘你喜欢我的领带吗？’他会回答说喜欢，但其实他很讨厌那东西。他之所以会说他喜欢，是因为他不想说出负面或不好的话来。”

功利撒谎者是那种“当形势需要时会撒谎的人。一个会见风使舵的人会在他的感觉那对自己最有利时撒谎，”斯科特说。而现实的匹诺曹式撒谎者，她则形容为是那种“喜欢夸夸其谈的人。例如，那些夸大其词，将产品吹得天花乱坠的销售员。他对撒谎不存在良心不安，为了能从别人那里得到某些东西而信口开河。”另外，撒谎成性的人就是“那种将谎话当成实话来说的人，”斯科特解释说，“他几乎对任何事情都会撒谎，即使是在他没

- 1) The Oprah Winfrey Show 《奥普拉·温弗瑞秀》，美国著名脱口秀主持人奥普拉主持的一档访谈节目
- 2) Jet 《JET》杂志，美国一时尚杂志，创刊于1951年，主要读者群为非洲裔美国人
- 3) integrity [ɪn'tegriti] n. 诚实，正直
- 4) straight-shooter 坦白正直的人
- 5) pragmatic [præɡ'mætɪk] adj. 实际的，功利的

- 6) fibber [fɪbə] n. 惯撒小说的人
- 7) Pinocchio 匹诺曹，意大利童话《木偶奇遇记》中的木偶小男孩，撒谎后鼻子会变长
- 8) compulsive [kəm'pʌlsɪv] adj. 不由自主的，情不自禁的
- 9) anthropologist [ˌæntroˈpɒlədʒɪst] n. 人类学家
- 10) hype [haɪp] n. 广告，夸大的诉求
- 11) qualm [kwɒ:m] n. 不安，（良心的）责备



导演: Tom Shadyac
 编剧: Paul Guay & Stephen Mazur
 主演: Jim Carrey 饰演 Fletcher Reede
 Maura Tierney 饰演 Audrey Reede
 Justin Cooper 饰演 Max Reede

剧情简介:

弗莱彻是个炙手可热的大律师，他所追求的物质生活，跟他在法庭上追求的真相一样：一切都能以金钱来衡量。事实对他来说，远不及有力的辩词来得重要，于是他为了胜诉，在法庭上说谎骗人，丝毫不以为意。久而久之，他在日常生活上也变得口是心非，成为了不可救药的大骗子。就连他和前妻所生的5岁小儿子麦克斯，都对他的谎言习以为常。尽管如此，每次麦克斯遇到父亲爽约却编造谎言当借口时，他还是伤心难过。麦克斯生日那天，弗莱彻又因事失约，没能前往参加他的生日派对，失望的麦克斯于是在许愿时许下“父亲能有一天不能说谎”的心愿，结果发生了一连串神奇的事情……爱说谎的弗莱彻陷入空前的混乱——他在法庭上出尽洋相，差点输掉官司，得罪女上司，但最后，他赢回了家庭、亲情及信任。



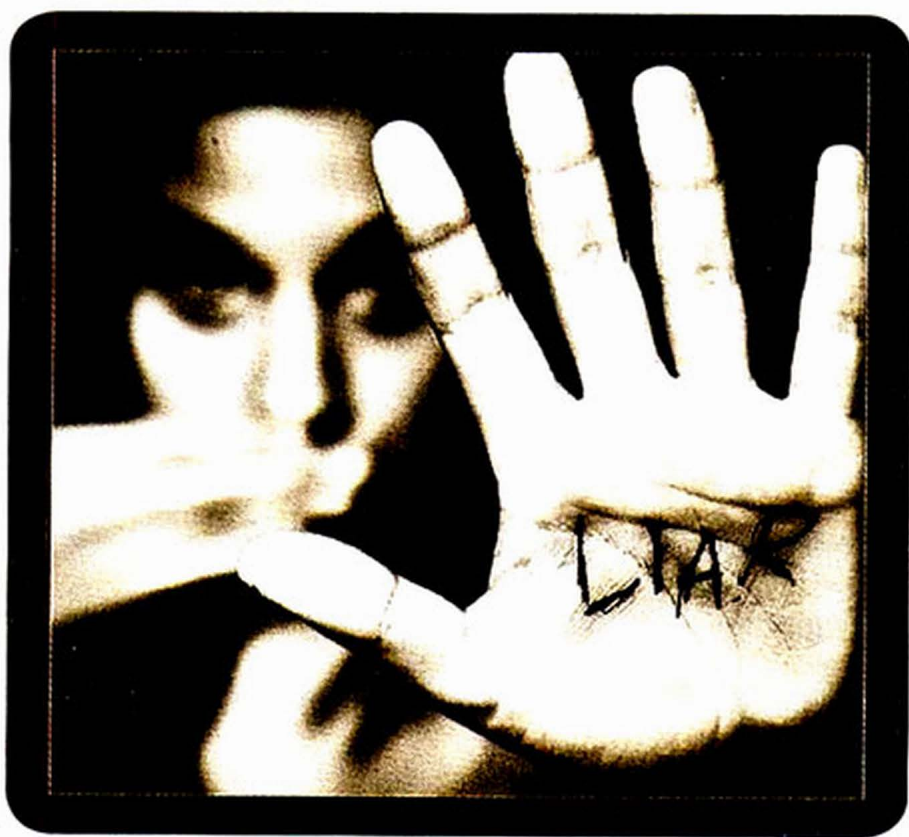
the person who is almost getting to the point of being a ¹²⁾**pathological liar**; almost anything he says is not going to be true.”

Dr. Robert G. Newby, the professor of sociology at ¹³⁾**Central Michigan University**, believes that men lie more than women. “Men are more concerned about how they present themselves in public, the impression they make on people and things like that,” he says. “Men are always trying to impress people in the work and want to make sure that their presentation of self is one that makes them look good.” Women, on the other hand, Dr. Newby believes “are more private people and their relationships tend to be more interpersonal, as opposed to having to put on a public face. Women are more vulnerable and they are not as likely to try to ¹⁴⁾**pull the wool over someone's eyes** like men.”

Dr. Maisha Hamilton-Bennett, executive director of Hamilton Life Institute in Chicago and a past president of ¹⁵⁾**the Association of Black Psychologists**, also believes that men lie the most. “Men are desired and valued in relationships based on what they have,” Dr. Hamilton-Bennett points out. “So a man may ¹⁶⁾**overstate** what he has to make himself appear more ¹⁷⁾**desirable** to a woman. He may overstate his income, what level he works at on the job or he may even borrow a car and claim that it is his.”

“And women are valued on how they look. Women often ‘lie’ in their appearance to be more attractive to men,” she explains. “Women do change their appearance to look slimmer; they wear ¹⁸⁾**girdles** to look slimmer; they wear makeup to hide

必要撒谎的时候; 这种人几乎成了一个病态的大话王, 几乎他说的每一件事情都不会是真的。”



美国中密歇根大学的社会学教授罗伯特·G·纽拜博士相信, 男人比女人更爱撒谎。 “男人更关注他们自己的公众形象, 及他们给人们留下的印象等诸如此类的事情,” 他说, “男人总是试图在工作中给人们留下深刻印象, 希望确保摆出的自我形象是能让人艳羡赞美的。” 而女人, 从另一方面来说, 纽拜博士相信 “是更关注私人圈子

的人, 且她们更倾向于私下的人际互动, 而不是非得戴上一副公众面孔。女人更加敏感, 所以她们不像男人那样可能想要蒙骗他人。”

梅莎·汉密尔顿-贝内特博士是芝加哥汉密尔顿生命研究院的行政总监, 也是黑人心理学家协会的前主席, 她也相信男人更爱撒谎。 “在男女关系中, 男人的吸引力和价值是基于他拥有什么” 汉密尔顿-贝内特博士指出。 “所以一个男人可能夸大他所拥有的东西, 让自己显得更能让女人动心。他可能会夸大收入、工作级别, 他甚至还可能向别人借车, 然后宣称那是他自己的。”

“而女人则注重外表。女人常常在外表上 ‘撒谎’, 为求吸引男士,” 她解释说, “女人确实会通过改变她们的外表来看上去更苗条。她们穿束身衣以显得苗条; 她们用化妆来掩饰瑕疵; 她

¹⁹⁾blemishes; they wear wigs and ²⁰⁾contact lenses to change the color of their eyes.”

Dr. Ronn Elmore, Los Angeles-based relationship counselor, does not believe that lying is based on gender. “But oftentimes men are accused of being the greater liars in relationships because women are more concerned with getting lied to,” he says.

Elmore continues, “I also believe when women lie it tends to be verbal, plain old-fashioned lies with words. But when men lie, it is often nonverbal, as in doing what he says he would not do or not doing what he promised he would do. Either way, it’s a lie, male version or female version. It is the opposite of integrity.”

Vesta Callender, ²¹⁾psychotherapist in New York City, also agrees that one’s gender does not play a role in lying, but men and women do lie differently. “Women are much more careful in their lies. They plan better,” Callender notes. “They create a history around the lie, and they try to project into the future what might happen if the lie is detected. With a woman, a lie has a beginning, a middle and an end. It’s a real ²²⁾entanglement.” Callender believes that men “tend to lie for the moment or to get out of a situation. Men think less about how the lie can be detected.”

Dr. Elmore stresses that while it is true that most people lie from time to time, one should be truthful. “Be truthful at any cost. Everything that is true does not need to be said, but everything said needs to be true. You don’t have to say everything on your mind, but whatever you do say needs to be fact, not fiction.”

们会戴假发，也会戴上隐形眼镜来改变眼睛的颜色。”

来自洛杉矶的两性关系顾问罗恩·埃尔默博士并不认为谎言与性别有必然关系。“但男人在两性关系中却常常被指责为更爱撒谎，因为女性更计较自己所受的欺骗。”他说。

埃尔默接着说道：“我也相信女人撒谎通常是口头上的，简单而老式的语言谎言。但男人撒谎，通常是非语言的，譬如去做他说不会做的事情，或者不做他答应要做的东西。无论是男式撒谎抑或女式撒谎，都是撒谎。都是有悖诚信的。”

纽约市的心理治疗师维斯塔·卡兰德也同意说，性别与撒谎无关，但男人和女人撒谎的方式各不相同。“女人对她们的谎言更小心谨慎。她们会准备得更好，”卡兰德指出。“她们会给自己的谎言设计好前因后果，编个全套，而且她们还会想好万一谎言被识破会怎样。女人要撒谎，那谎言会有开端、发展和结尾，错综复杂。”卡兰德认为男人“则倾向于着眼目前，或只为摆脱某个状况而撒谎。男人较少考虑谎言会如何被揭穿。”

埃尔默博士强调说，虽然大多数人时不时会说谎，这是事实，但一个人还是应该要诚实。“无论如何都要诚实。不是所有事实真相都要说出来，但说出来的话都应该是实话。你不需要把心中所想全说出来，但你所说的每句话都应该是事实，而不是虚构的。”

12) pathological [ˈpæθəˈlɒdʒɪkəl] adj. 病态的

13) Central Michigan University 美国中密歇根大学，成立于1892年，位于密歇根州中部，是该州第四大学府，是一所全美排名第49位的四年制公立大学

14) pull the wool over one’s eyes 蒙蔽某人

15) the Association of Black Psychologists 美国黑人心理学家协会，1968年成立于旧金山，主要致力于为黑人心理学家提供较先进的国际性的心理学方面的资源

16) overstate [ˈəʊvəˈsteɪt] v. 夸大，夸张

17) desirable [dɪˈzəərəbl] adj. 理想的，合意的

18) girdle [ˈɡɜːdl] n. 紧身衣

19) blemish [ˈblemɪʃ] n. 瑕疵，斑点

20) contact lenses 隐形眼镜

21) psychotherapist [ˌsaɪkəʊˈθerəpɪst] n. 心理治疗师

22) entanglement [ɪnˈtæŋɡlmənt] n. 纠缠，错综复杂



5 Lies Men Might Tell Women

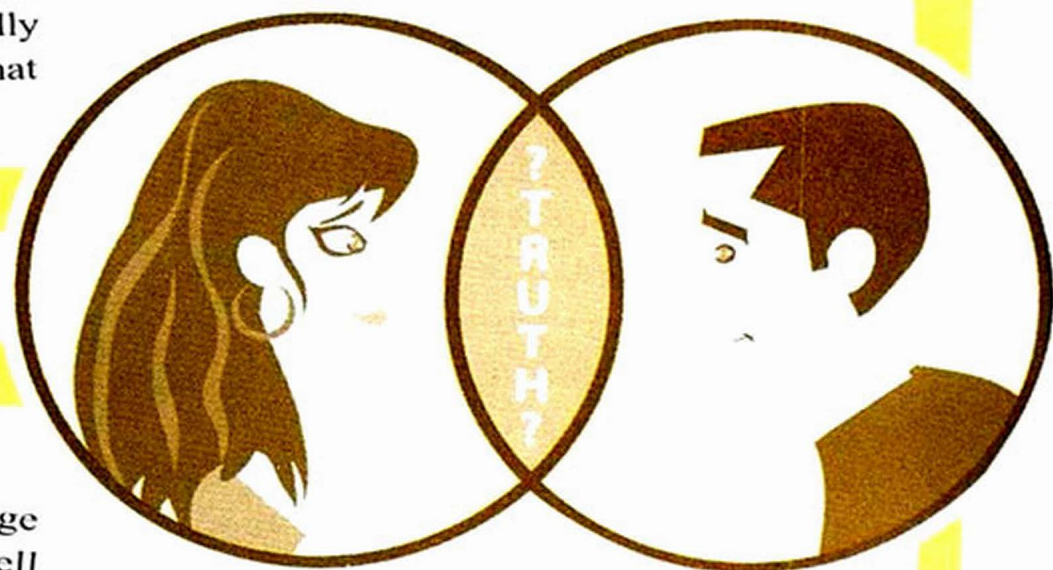
1) **"I'm sorry."** Sound familiar? This is men's No.1 lie. When a man says this, it is only to make a quick escape from a situation. He wants to avoid further interrogation, or more tears from his woman.

2) **"Yes, I am still available and very much single."** When a man says this, it is to make a woman feel secure. Men will lie about this to impress her and grab more attention from her when approaching her.

3) **"You DON'T look fat."** Every woman will get upset if they look fat. For men, the best answer when a woman asks "Do I look fat in the dress I am wearing", is "Of course not!".

4) **"I'll be there in 15 minutes."** Women often feel that their men do not give them top priority in their life. Hence, to make a woman feel that he also cares about her, the man lies to her to show her that he is making all the effort to get there on time.

5) **"Your mom is my mom. I love spending time with her."** A woman's heart must be won through her family. Some men find this lie is a way to make a woman feel that he really cares about her. Men want to make sure that they are involved with her and her family.



5 Lies Women Might Tell Men

1) **"Yes, I'm 21 years old."** To women age is secret. The most common lie women tell men is about their age. Women lie about their age because they want men to feel that they are young or in some way they feel that their age is not acceptable.

2) **"I want to break up."** No, a woman doesn't always mean it when they say they want to break up. They want to grab a man's attention and want him to put in a little more effort and give him an empty threat.

3) **"I have a boyfriend."** Men and women are opposite in some ways. A woman does not want to make herself look too available. A woman says this because she may want to hurt his ego or to make him feel jealous, although she does have some feelings towards the guy.

4) **"You're the only one for me."** When a woman says this, she means to communicate to her man his importance.

5) **"I'm not mad at you."** Women usually can't let it go. Instead of admitting that she's actually quite hurt by his relatively minor offense, the woman will half-heartedly pretend that she doesn't care at all. In reality, she does care, very much so.

Cultivating a Lie

谎言之“罪”

文字难度: / / / / /

by Mitchell Kelly



The seed of a lie can be produced simply. Telling a friend you are sorry for missing their phone call when, in fact, you purposely ignored it because you just didn't feel like being disturbed. The seed is planted. Theoretically, white lies like this seem to actually come from a place of kindness—we want to avoid hurting someone's feelings. So, perhaps a few seeds can be scattered harmlessly here and there. It's when a lie starts to sprout that trouble begins.

The unfortunate thing about lying is that it can **crossbreed**(使杂交) with other undesirable qualities such as stealing and cheating. Case **in point**(相关的): my co-worker who miraculously had money missing from his cash register at the end of each shift. “I think I've been hitting the wrong buttons on the computer,” he would say. Sadly, there was no excuse to save him when the manager **busted**(逮住) him slipping a **fiddy**(俚语, 50美元) into his pocket. Then there was the friend who was cheating on her boyfriend. Lies were laid upon lies, friends were brought in to help with the lying and eventually no one could tell up from down. In the end, not only did the relationship **implode**(破裂), but I **called it quits**(结束) on the friendship also.

Undoubtedly, the ugliest characteristic of lying is its ability to destroy trust. I am instantly reminded of a friend whom I shall refer to as “The Girl Who Has Done Everything.” Tell her you've been to Japan and she will promptly tell you she's been there three times...and stayed with a **Samurai**(日本武士). Have an interest in music? She studied violin at **Juilliard**(美国朱利亚音乐学院, 成立于1968年, 是最受欢迎的美国艺术学院之一) (yet, oddly you've never seen her with a violin). She has a keen interest in every sport ever invented, no matter how obscure, yet she complains about walking two **flights**(一段楼梯) of stairs. Hmm? When lies are this **overgrown**(畸形发展的), when not even the sharpest **pruning shears**(修枝剪) can **tame**(制服) them, it is impossible to form true friendships because, to be honest, no one has the time to **wade through**(辛苦地读完) the bullshit to get to what's real.

The cold hard truth is: lies **suck**(令人厌恶). With all the tragedy that occurs on a daily basis, it is completely illogical to **willfully**(蓄意地) give birth to more **wickedness**(邪恶). So, the next time you reject a friend's phone call, tell them you just needed some time to yourself. They will appreciate your honesty, and there will be one less seed in the world. ♦



文字难度: / / / / /

by Elizabeth Day, from *The Observer*

左边译

Herman Rosenblat knew how to tell a story. At family occasions, he was the one who would ²⁾spin fantastic ³⁾yarns with only ⁴⁾a kernel of truth. One of Herman's favorite stories was about how he met his wife Roma. He would recount the astonishing tale of how, as an 11-year-old Polish Jew ⁵⁾interned by the Nazis in a sub-camp of ⁶⁾Buchenwald, he was sustained by a young girl who came each day to throw him apples over the fence. He never knew her name. Twelve years later, Rosenblat was living in New York when a friend set him up on a ⁷⁾blind date. In an incredible twist of fate, the curly-haired woman with green eyes who was his date for the evening turned out to be his childhood savior, the girl who had thrown him apples all those years before: his "angel at the fence". He proposed on the spot, against the twinkling lights of the ⁸⁾Coney Island amusement parks. They were married in 1958 and had two children.

To begin with, it was an anecdote he shared only with friends or new acquaintances. Then, in 1995, Rosenblat wrote it up and entered a newspaper competition to find the best Valentine's Day-themed short story. He won and his story was featured on the front page of the ⁹⁾New York Post. Within months, the Rosenblats were appearing on *The Oprah Winfrey Show*, sitting hand in hand on a ¹⁰⁾cream sofa, in the full glare of studio lights. In the years that followed, Rosenblat was signed up by a literary agent who ¹¹⁾brokered a book deal. The Rosenblats began



Track 4

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赫 尔曼·罗森布拉特很会讲故事。在家庭聚会上,他总能给一点小事添油加醋然后编出动人故事。赫尔曼最爱讲的故事之一是他和妻子罗马的相遇。他会这样讲述那令人惊奇不已的故事:当时,他是个年仅11岁的波兰犹太男孩,被纳粹分子关押在布痕瓦尔德的一个下属集中营。有个小女孩每天都来看他,并从铁丝网外扔苹果给他吃。

可他从来不知道她的名字。12年后,罗森布拉特在纽约生活。有一次,一位朋友帮他安排了一次相亲。命运就是这么奇妙,那晚和他约会的那个绿眼睛、卷发女子正是他童年时的救星,那个多年前给他扔苹果的人——他的“铁丝网外的天使”。在科尼岛游乐园闪烁的灯光下,他当场求婚。两人于1958年结婚,之后有了两个孩子。

一开始,这只是跟朋友和初相识的人分享的一段轶事。后来在1995年,罗森布拉特把故事写了下来,参加一份报纸举办的以情人节为主题的短篇故事大赛并获奖。他的这篇文章被刊登在《纽约邮报》的头版。数月后,罗森布拉特夫妇获邀参加《奥普拉·温弗瑞秀》,在演播厅镁光灯的投射和聚焦中,两人手拉手坐在米色沙发上接受采访。之后的几年里,一家文稿代理商和罗森布拉特签约,替他谈妥了

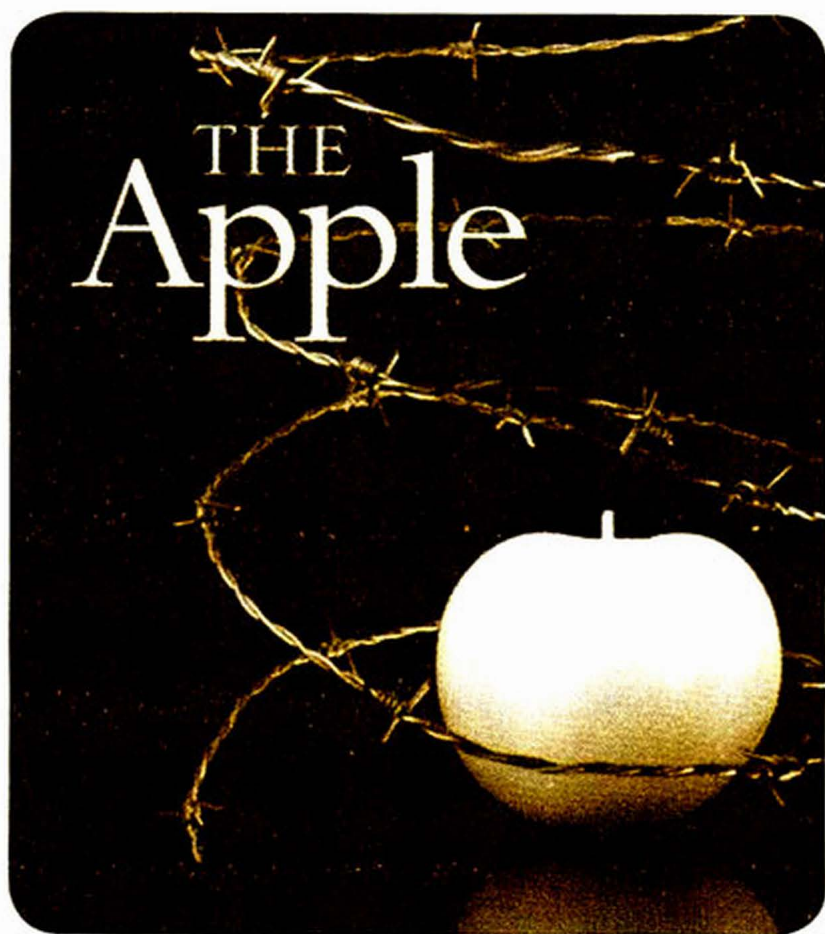
appearing at local schools and Holocaust-education centers, with Herman giving his moving account of how love triumphed over the forces of hatred. He enjoyed the attention. Rosenblat's memoir, *Angel at the Fence*, was ¹²⁾slated for publication by ¹³⁾Berkley Books in 2009. Life was good for the Rosenblats.

There was just one problem—it wasn't true. Although Rosenblat did survive the Holocaust and his marriage to Roma was genuine, the story of a young girl throwing him apples was a ¹⁴⁾fabrication. His "angel at the fence" was a fake.

Doubts about the Rosenblat memoir started circulating on the Internet and were mentioned by the eminent Holocaust historian Deborah Lipstadt on her website as early as December 2007. Shortly afterwards, Danny Bloom, a 60-year-old ¹⁵⁾expatriate Jewish American living in Taiwan, picked up on some of the story's ¹⁶⁾discrepancies and started emailing academic experts asking them to look into the ¹⁷⁾veracity of Rosenblat's account. One of the academics Bloom emailed was Ken Waltzer, the professor of Jewish studies at ¹⁸⁾Michigan State University. Waltzer,

一个出书计划。罗森布拉特夫妇还开始到当地的学校和多个大屠杀教育中心演讲，在那里，赫尔曼感人肺腑地讲述爱如何战胜仇恨。他享受众人的关注。柏克利出版公司筹划在2009年出版罗森布拉特的自传《铁丝网外的天使》。罗森布拉特一家的生活曾经是那么的美好。

只是有一个问题——那故事并不真实。虽然罗森布拉特确实是大屠杀幸存者，他和罗玛的婚姻也是真的，但那个小女孩向他扔苹果的段子却是虚构的。他的“铁丝网外的天使”是假的。



对于罗森布拉特的这段回忆录，网络早有存疑的声音，而早在2007年12月，研究大屠杀的著名历史学家黛博拉·利普斯塔特就在她的网站上提出了质疑。不久，居住在台湾的60岁美籍犹太人丹尼·布鲁姆收集了罗森布拉特故事中的矛盾之处，并开始给多位学术专家写邮件，请他们查证罗森布拉特所说故事的真实性。肯·沃尔兹是布鲁姆写邮件求助的学者之一，他是密歇根州立大学研究犹太人

1) fence [fens] n. 雷达警戒网，铁丝网围栏

2) spin [spin] v. 讲述

3) yarn [jɑ:n] n. (非正式用语) 故事，奇谈。spin a yarn 讲故事，胡诌

4) a kernel of 一点

5) intern ['intə:n] v. 拘留，扣押

6) Buchenwald ['bukənwo:ld] n. 布痕瓦尔德，德国中部一村庄，二战期间德国法西斯曾在此设立集中营，残酷屠杀爱国者和战俘

7) blind date 不相识的男女初次见面，通常由双方认识的人所安排

8) Coney Island 科尼岛，美国纽约市布鲁克林区的一个旅游地

9) New York Post 《纽约邮报》，美国历史最悠久的报纸之一，创办于1801年，其报道风格以煽情、八卦而闻名

10) cream [kri:m] n. 米色，浅黄色

11) broker ['brəukə] v. 作为中间人来安排，设法

12) slate [slert] v. 安排，指定

13) Berkley Books 柏克利出版公司，隶属美国著名的企鹅出版集团

14) fabrication [fæbrɪ'keɪʃən] n. 捏造的事情

15) expatriate [eks'pætriət] adj. 定居在国外的，移居国外的

16) discrepancy [dis'krepənsɪ] n. 矛盾之处

17) veracity [və'reɪsɪti] n. 真实性，正确性

18) Michigan State University 密歇根州立大学，成立于1855年，是美国历史上第一所由政府拨地而创建的公立大学



who was writing a book about the children of Buchenwald, had already made his own ¹⁹⁾**tentative** inquiries into the Rosenblat story.

“In November 2008, I was contacted by two ²⁰⁾**forensic** ²¹⁾**genealogists** who were investigating the memoir,” he explains. “They were able to give me maps of the Buchenwald sub-camp in ²²⁾**Schlieben**. We already knew from survivor testimonies that to go to the fence was punishable by death and there was a high risk you would be ²³⁾**electrocuted**. The maps showed that the only external fence was down by the ²⁴⁾**SS** ²⁵⁾**barracks** and that civilians had been banned from the road that ran alongside it since 1943 so there was no way that Herman and Roma could have had a ²⁶⁾**rendezvous**.”

Waltzer and his associates then looked into the matter of Roma's ²⁷⁾**whereabouts** during the Second World War. In his story, Herman had claimed that Roma and her family were Polish Jews living under assumed identities on a nearby farm. There was no trace of them. “The ²⁸⁾**upshot** of it all was that the family was some distance away in ²⁹⁾**Brieg**,” says Waltzer. “The story was completely untrue. If Roma wasn't there, then she wasn't throwing him apples. There are no redemptive endings in the Holocaust. In this case, the dark truth was hidden to spin a story of romance, and that, to me, is a denial of the substance of the Holocaust.”

News of the Rosenblat ³⁰⁾**hoax** finally broke last December. Berkley Books swiftly dropped plans to publish his memoir. Rosenblat issued a curiously unapologetic statement claiming that his motivation was “to make good in this world”. “I wanted to bring happiness to people, to remind them not to hate, but to love and tolerate all people,” the statement read. “In my dreams, Roma will always throw me an apple, but I now know it is only a dream.”

While Rosenblat's fabrication expanded around him, his family knew he was lying.

历史的教授。沃尔兹正在写一本有关布痕瓦尔德集中营孩子的书。而他也早已对罗森布拉特的故事开始其初步的研究核实。

“2008年11月，两名正在调查罗森布拉特自传的法庭系谱专家联系了我，”他解释说，“他们给了我位于施里本的布痕瓦尔德下属集中营的一些地图。从集中营幸存者的陈述中，我们已经知道，走近铁丝网围栏是会被处死的，而且也很容易被铁丝网电死。地图显示，唯一一段靠外的铁丝网围栏通向纳粹党卫军营地，而自1943年起，铁丝网外沿的公路一直禁止平民进入。因此，赫尔曼和罗玛绝不可能如他们说的那样隔网相遇。”

接下来，沃尔兹和他的同事们开始查证二战期间罗玛的行踪所在。按赫尔曼的版本，他称，罗玛和她的家人是波兰犹太人，当时以虚假的身份居住在附近的一个农场。但一点证据都没有。“最后调查的结果是，罗玛一家当时居住在较远的布瑞格。”沃尔兹说，“这故事完全是假的。如果罗玛不在施里本，那么她也不可能从铁丝网外向里扔苹果。大屠杀的悲剧是不可挽回的。在这件事情上，为了讲述一个浪漫的故事而掩盖了黑暗的事实。在我看来，这是一种对大屠杀实质的否认。”

去年12月，罗森布拉特的谎言最终被揭发曝光。柏克利出版公司立即取消了出版其自传的计划。罗森布拉特发表了一份耐人寻味而毫无歉意的声明，宣称他的动机是“给这个世界创造一些美好的东西。”“我希望带给人们快乐，提醒他们不要去憎恨，而是去爱和包容所有的人。”声明中说，“在我的梦里，罗玛将一直扔苹果给我，但我现在知道，这只是个梦。”

罗森布拉特编造的谎言不断膨胀扩大的时候，他的家人都知道他在撒谎。



Both his children were said to have been deeply uncomfortable with the story and urged their parents to stay out of the media spotlight. Rosenblat's rapid rise to semi-celebrity also caused an ³¹⁾irrevocable ³²⁾rift with his last surviving brother, Sam, who died in February 2007, still refusing to speak to him.

Perhaps there is a sense in which Rosenblat's stories were a survival technique, a means of dissociating himself from the horrific experiences he underwent and of creating a new, happier ending for his own narrative. But when it became clear that Rosenblat's supposedly harmless anecdotes were spiraling into something more worrying, there was a growing consensus that it was time to speak out. According to Waltzer: "There was a real fear that Herman Rosenblat would be adding a ³³⁾fraudulent written record to Holocaust history. That would ³⁴⁾discount the quality of other, true memoirs. And that would give further ³⁵⁾ammunition to Holocaust-deniers."

据说，他的两个孩子都对这个谎言深感不安，还劝父母远离媒体的聚光灯。凭借谎言快速成为半个名人这件事还导致罗森布拉特和他唯一活着的哥哥萨姆之间产生了一道不可弥合的裂痕。萨姆于2007年2月去世，至死都不愿和他说话。

也许，有人觉得罗森布拉特的谎言是一种求生存的方式，是一种让自己脱离过去的恐怖经历并为自己的故事创造一个更快乐的新结局的方法。但是，当罗森布拉特那段本来无伤大雅的奇闻轶事逐渐演变成某种令人担忧的谎言时，大家的共识就会越来越强烈，认为是时候说出真相了。如沃尔兹所说：“人们真的很担心赫尔曼·罗森布拉特会给大屠杀的历史添上一笔具有欺骗性的书面记录。这样会有损其他真实的自传作品的品质。而且还会给否认大屠杀的那些人更多反驳的有力证据。”

19) tentative ['tentətɪv] adj. 试验性的，尝试的

20) forensic [fə'rensɪk] adj. 法庭的，法院的

21) genealogist [dʒi:nɪ'ælədʒɪst] n. 系谱学者，系谱专家

22) Schlieben 施里本，德国一小镇，靠近柏林

23) electrocute [ɪlekt'rəkju:t] v. 触电致死

24) SS (= Schutzstaffel) 纳粹党卫军，作为希特勒的保镖及在德国及其占领国家中充当特种部队的纳粹党精锐部队

25) barrack ['bærək] n. 军营，兵舍

26) rendezvous ['rɒndɪvu:] n. 约会，会面

27) whereabouts ['weəə'baʊts] n. 行踪，所在之处

28) upshot ['ʌpʃɒt] n. 结果，结论

29) Brieg 布瑞格，位于德国下西里西亚地区，与施里本相距约338千米

30) hoax [həʊks] n. 欺骗，骗局

31) irrevocable [ɪ'revəkəbl] adj. 不能撤销的，不能挽回的

32) rift [rɪft] n. 裂痕，失和

33) fraudulent ['frɔ:dʒulənt] adj. 欺骗性的

34) discount ['dɪskaʊnt] v. 低估，有损

35) ammunition [æmju'nɪʃən] n. 攻击（防御）手段



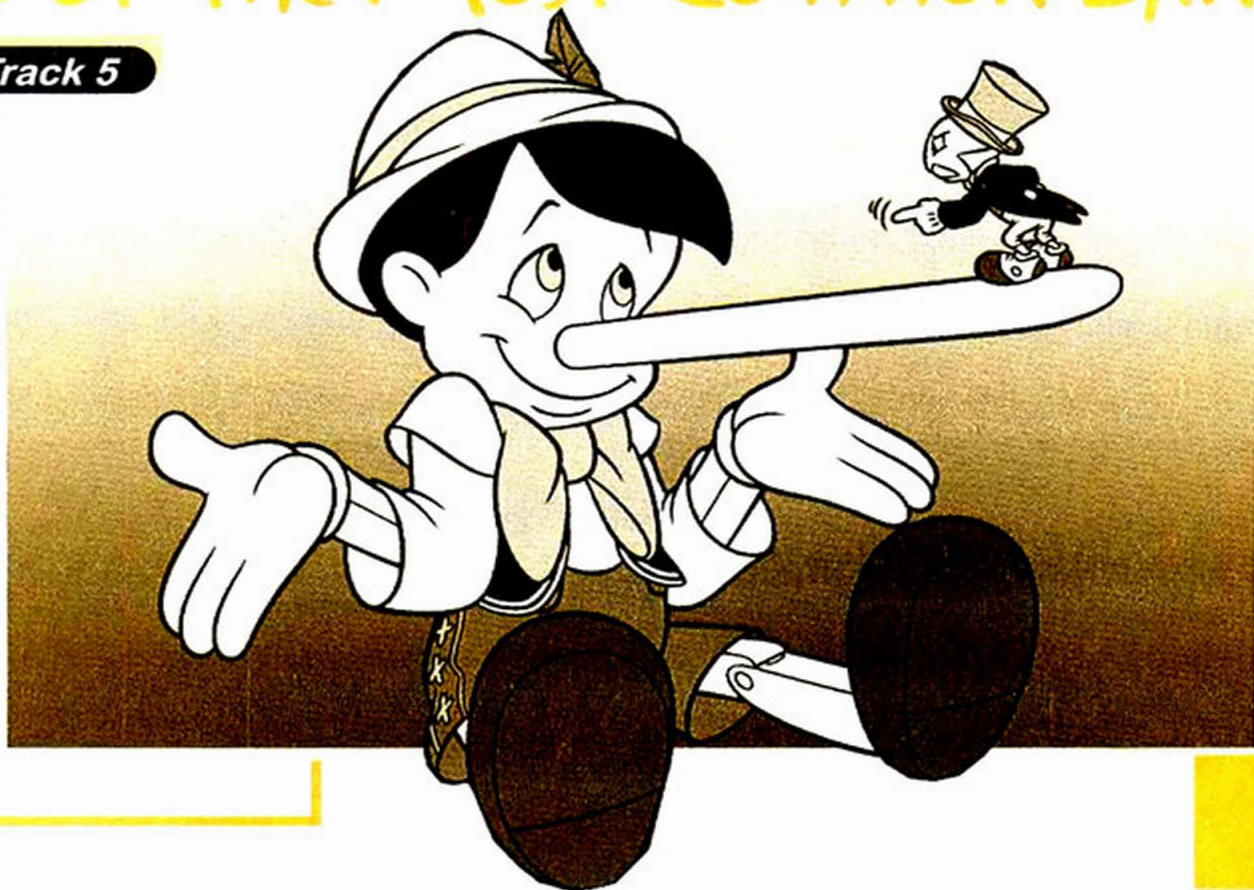
Six of the Most Common Lying Gestures

Track 5

文字难度

by Craig

方金凤 译

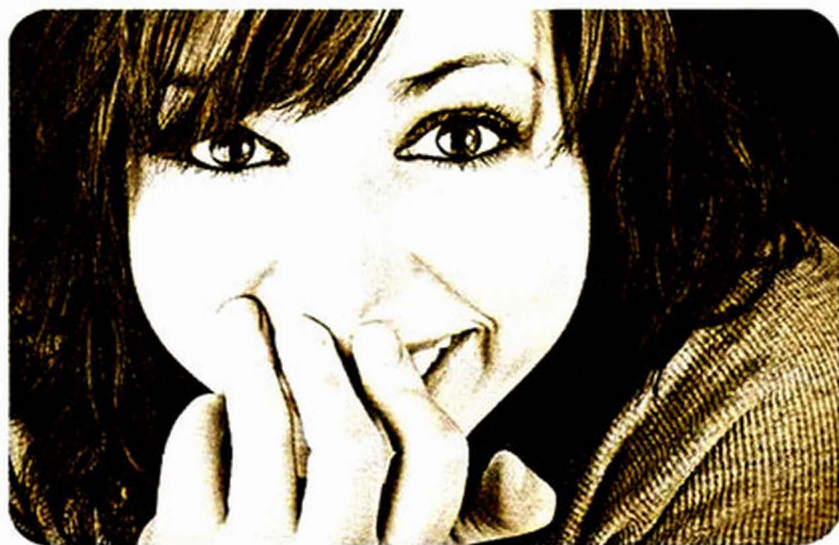


六个最常见的 说谎小动作

Most people think they can tell who is lying from the eyes of the other person, but I'm here to show you 6 different gestures which are all linked to lying and tell you the hidden meaning of them, so you can understand them fully and never get lied to again.

1. The Mouth Cover

It is one of the most obvious lying gestures. The hand covers the mouth as the brain subconsciously instructs it to try to suppress the deceitful words that are being said. Sometimes it might only be several fingers over the mouth or even a closed fist, but its meaning remains the same. Some people try to disguise the Mouth Cover lying gesture by giving a fake cough. When actors play ¹⁾gangsters or criminals, they often use this gesture when discussing criminal activities with other gangsters or when being ²⁾interrogated by the police.



大多数人认为他们能够从对方的眼睛判断出对方是否在撒谎，但在这里我想跟你们说说和撒谎相关的六个不同的小动作，并告诉你其隐含意味，这样你就可以充分了解这些小动作，不再受谎言蒙蔽。

1. 掩嘴巴

这是最显而易见的说谎小动作。用手遮掩嘴巴是因为撒谎者下意识地试图抑制自己正在说出的谎话。有时候，人们仅仅用几个手指或者甚至用紧握的拳头遮掩着嘴，但意思都一样。有的人会假装咳嗽来掩饰自己遮住嘴巴的手势。演员扮演歹徒或罪犯，在与其它歹徒谋划犯罪活动时或被警察审问时，他们常常会做这个小动作。

If the person who is speaking uses this gesture, it indicates that they could be lying. If they cover their mouth while you are speaking, it can show they might feel you are hiding something. The Mouth Cover gesture may appear as ³⁾**innocuous** as the “Shhh” body gesture where one finger is placed ⁴⁾**vertically** over the lips; it would likely have been used by the person’s mother or father when he was a child. As an adult, the person uses it in an attempt to tell themselves not to say something they’re feeling. The point is that it alerts you to something that is being withheld.

2. The Nose Touch

This is one of the most interesting lying gestures because of the real effect it has on the lying individual. Sometimes the Nose Touch lying gesture can be several quick rubs below the nose or it may be one quick, almost ⁵⁾**imperceptible** nose touch. Women perform this gesture with smaller ⁶⁾**strokes** than men, perhaps to avoid ⁷⁾**smudging** their make-up.



The important thing to remember is that this type of action should be read in clusters and in context; the person could have ⁸⁾**hay fever** or a cold.

Scientists found that when you lie, chemicals known as ⁹⁾**catecholamine**’s are released, causing ¹⁰⁾**tissue** inside the nose to swell. They used special imaging cameras that show blood flow in the

如果有人说话时出现这种小动作，就表明他们有可能在说谎。如果他们在你说话的时候遮住嘴巴，那表明他们可能感觉到你在隐瞒一些东西。用手遮住嘴巴也许看起来跟把食指竖在嘴唇前说“嘘——”的手势一样无恶意；做这个动作的人很可能小时候父母常对他做“嘘——”的手势，当他成年以后，就会用这个手势来试图提醒自己不要说出内心的想法。重要的是，这个手势提醒了你事有隐情。

2. 摸鼻子

这个手势对撒谎者着实有用，因此可算是最有趣的说谎小动作之一。摸鼻子的手势有时是用手在鼻子下迅速摩擦几下，有时可能只是轻触一下，旁人几乎察觉不到。女人做这个动作时，幅度比男人小，也许是怕弄花妆容。

有一点必须谨记，对摸鼻子这种动作，我们应该结合其他肢体语言和具体情形来解读，做这个动作的人也可能只是因为花粉过敏或者感冒。

科学家们发现，人们撒谎时会释放出一种名为儿茶酚胺的化学物质，这种物质会引起鼻腔组织膨胀。通过可显示身体内部血液流量

1) gangster [ˈgæŋstə] n. 歹徒，强盗

2) interrogate [ɪnˈterəgeɪt] v. 审问，询问

3) innocuous [ɪˈnɒkjʊəs] adj. 无害的，无伤大雅的

4) vertically [ˈvɜːtɪkəlɪ] adv. 垂直地

5) imperceptible [ˌɪmpəˈseptəbl̩] adj. 觉察不到的，极细微的

6) stroke [strəʊk] n. 用手轻抚的动作

7) smudge [smʌdʒ] v. 弄脏，污染

8) hay fever 花粉病，一种由于对空气中传播的花粉有一种不正常的敏感性而引起的影响上呼吸道粘膜和眼睛的过敏状况，症状为流鼻涕、打喷嚏、发痒和眼睛流泪

9) catecholamine [ˌkætiˈkəʊləmiːn] n. <生化> 儿茶酚胺，一种从苯酚二胺中获得的胺，包括肾上腺素、去甲肾上腺素和多巴胺

10) tissue [ˈtɪʃuː] n. <生> 组织，形态上相似的细胞和相关的细胞间物质的集合，共同活动行使身体一项或多项特定功能

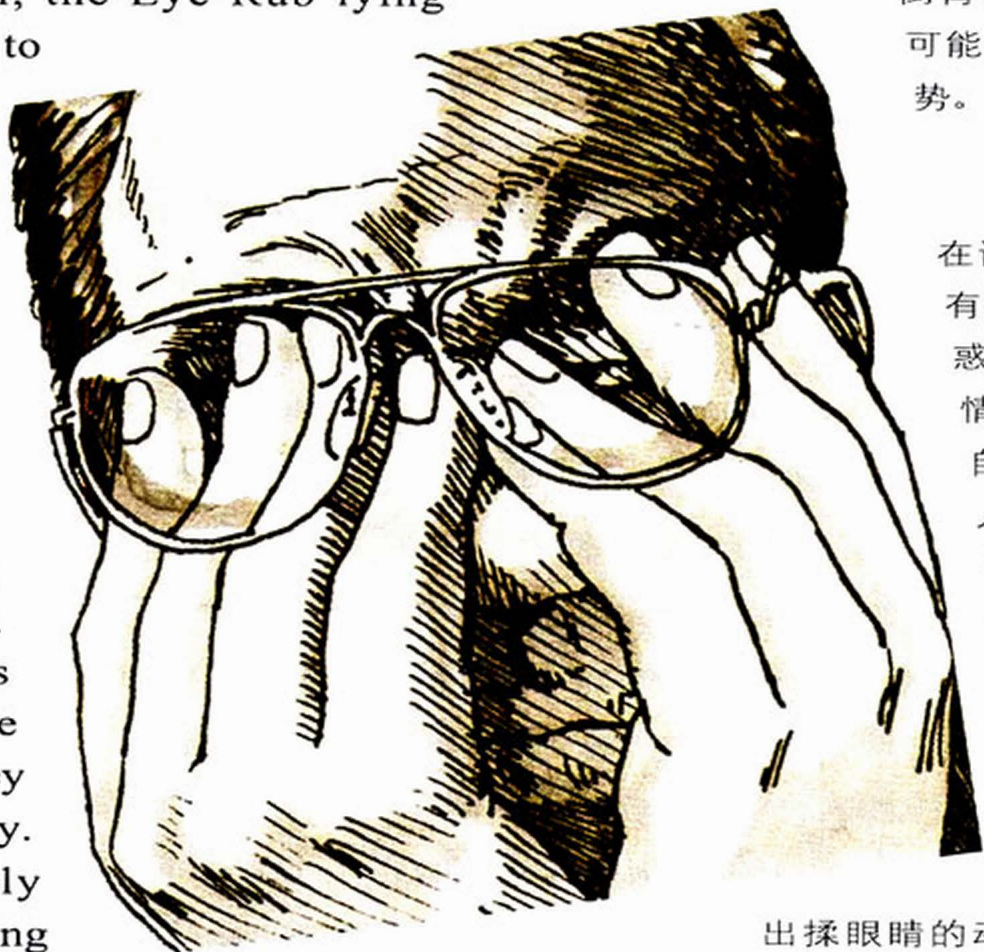


body to reveal that intentional lying also causes an increase in blood pressure. This technology indicates that the human nose actually expands with blood during lying, and is known as the “¹¹⁾Pinocchio Effect”.

3. The Eye Rub

When a child doesn't want to look at something he'll cover his eyes with one or both hands. When an adult doesn't want to look at something distasteful, the Eye Rub lying body gesture is likely to occur.

This gesture is the brain's attempt to block out the deceit, doubt or distasteful thing it sees, or to avoid having to look at the face of the person who is being lied to. Men usually rub their eyes vigorously and if the lie is a real ¹²⁾**whopper** they will often look away. Women are less likely to use the Eye Rub lying gesture; instead, they will use small, gentle touching motions just below the eye, because they either have been conditioned as girls to avoid making ¹³⁾**robust** gestures, or to avoid smudging make-up. They also avoid a listener's gaze by looking away.



will use

的特殊成像仪器，研究人员发现，有意的撒谎还会导致血压上升。该技术显示，人们的鼻子在撒谎过程中会因为血液流量上升而增大，这种现象被称为“匹诺曹效应”。

3. 揉眼睛

当一个小孩不想看见某样东西时，他会用单手或双手遮住自己的眼睛。当一个成年人不想看到某件令人倒胃口的事情时，他很可能会做出揉眼睛的手势。

这种手势是大脑在试图去挡住眼前带有欺骗性的、让人疑惑的或令人厌恶的事情，或是避免正视自己要撒谎欺骗的人。男人在做这个手势时往往会使劲揉搓眼睛，如果那真是个弥天大谎，他们还会常常目光飘移，不敢正视别人。女人撒谎则较少做

出揉眼睛的动作；相反，她们一般只是在眼睛下方轻轻一碰。这一方面是因为淑女风范限制她们做出粗鲁的手势，另一方面也是为了避免弄花妆容。她们也会转移视线，避开听者的凝视。

“睁眼说瞎话”是一个常用俗语。它体现了一系列的肢体语言，包括咬牙切齿，虚伪假笑，还有揉眼睛这个说谎小动作。电影演员们常常用揉眼睛这个手势来表现人物的伪善。在所谓的礼仪之邦，如英国，当人们不想对你吐露真实想法时，往往也会用这个手势加以掩饰。

4. The Ear Grab

Imagine you tell someone, "It only costs £900" and the person grabs their ear, looks away to the side and says, "It sounds like a good deal to me." This is a symbolic attempt by the listener to ¹⁵⁾hear no evil; trying to block the words he is hearing by putting the hand around or over the ear or tugging at the earlobe.

It is the adult version of the Hands-Over-Both-Ears gesture used by the child who wants to block out his parent's ¹⁶⁾reprimands. It can also be a signal that the person has heard enough or may want to speak.



4. 挠耳朵

试想一下你对某人说：“这个东西只要900英镑。”对方则抓挠着自己的耳朵，把头转向一侧，说道：“这对我来说很贵啊。”在这里，抓挠耳朵的手势就明显表现出听者“非礼勿听”的意图——把手放耳朵附近或干脆捂住耳朵，又或者拉拉耳垂，用这些动作来阻止自己听到那些不愿听的话。

小孩为了逃避父母的训斥会用双手捂住自己的耳朵，抓挠耳朵的手势则是这一肢体语言的成人版本。它也可以表示听者已经听够了或者可能想发言。

5. The Neck Scratch

The index finger, usually of the writing hand scratches the side of the neck below the earlobe. Observations of this lying gesture reveal the person scratches an average of five times. Rarely is the number of scratches less than five and hardly ever more than five. This lying gesture is a signal of doubt or uncertainty and is characteristic of the person who says, "I'm not sure I agree." It is very noticeable when the verbal language contradicts it, for example, when the person says something like, "I can understand how you feel" but the Neck Scratch lying gesture is used, it indicates he doesn't.

5. 挠脖子

挠脖子的手势是：用食指，通常是用写字那只手的食指来抓挠脖子侧面位于耳垂下方的区域。据观察所得，人们撒谎时做这个动作，通常会抓挠五次。抓挠的次数很少会低于五次或者多于五次。这个手势是疑惑或不确定的表现，等同于在说：“我不太确定是否赞同。”当口头语言和这个手势不一致时，其含义就格外明显。比如，某个人说“我能理解你的感受”，但同时他却在抓挠脖子，那么可以断定，实际上他并不理解。

11) Pinocchio Effect 匹诺曹效应，名称源自童话故事《木偶奇遇记》，指的是人们的鼻子在撒谎过程中会因为血液流量上升而增大这种现象

12) whopper ['wɒpə] n. 弥天大谎，庞然大物

13) robust [rə'ʊbʌst] adj. 粗鲁的，粗野的

14) portray [pɔ:'treɪ] v. 饰演，表现

15) hear no evil 非礼勿听，常和“see no evil, speak no evil (非礼勿视，非礼勿说)”一起连用

16) reprimand ['reprɪmɑ:nd] n. 申斥，训斥



6. The Collar Pull

¹⁷⁾ **Desmond Morris** was one of the first to discover that lies cause a ¹⁸⁾ **tingling** sensation in the ¹⁹⁾ **delicate** facial and neck tissues, and a rub or scratch was required to satisfy it. This not only accounts for why people who are uncertain will scratch their neck, it presents a good explanation as to why some people use the Collar Pull lying gesture when they lie and suspect they have been caught out. Increased blood pressure from the deceit causes sweat to form on the neck when the deceiver feels that you suspect he's not telling the truth. When you see someone use this gesture, ask, "Could you repeat that, please?" This can cause the would-be deceiver to ²⁰⁾ **give the game away**. ◆



6. 拽衣领

德斯蒙德·莫里斯是最先发现这种现象的科学家之一。他发现，撒谎会使敏感的面部与颈部神经组织产生麻刺的感觉，需要揉抓来消除不快。这一发现不仅能解释为什么人们在疑惑时会抓挠脖子，还能很好地解释为什么人们在撒谎并担心谎言被识破时，会频频拉拽衣领。这是因为撒谎者一旦感觉到听者的怀疑，其升高的血压就会使脖子处不断冒汗。当你看到有人做这个动作时，不妨对他说：“请你再说一遍，好吗？”这样可以使这个企图撒谎的人露出马脚。◆

- 17) Desmond Morris 德斯蒙德·莫里斯 (1928—)，英国著名动物学家和人类行为学家。1969年，他完成了第一本有关人类行为的著作《裸猿》(The Naked Ape)，该书被翻译成多国语言，畅销全球。
- 18) tingle ['tɪŋɡl] v. 造成麻刺的感觉，兴奋
- 19) delicate ['delɪkət] adj. 敏感的，灵敏的
- 20) give the game away 露出马脚，泄露秘密

Lie to me 《别对我撒谎》

类型：剧情/罪案

官方主页：<http://www.fox.com/lietome/>

主要演员：Tim Roth 饰演 Cal Lightman
Kelli Williams 饰演 Gillian Foster
Brendan Hines 饰演 Eli locker
Monica Raymund 饰演 Ria Torres

剧情简介：

Cal Leightman是当地一家特殊的私人机构的负责人，只要FBI、当地警察、法律公司、大型企业乃至个人在寻找某件事的真相的过程中遇到了什么麻烦，就会找他前来帮忙。协助他开展调查的，是行为主义心理学早期的创始人和著名专家Gillian Foster。两人在这一领域可谓棋逢对手，不相上下。另一个助手名叫Eli Loker，善于思考但是不善言辞，似乎从来就不是说谎的料。Ria Torres是这个团队中的新成员，在洞察肢体语言方面颇有天赋。同事们忽略掉的细节，Ria往往能敏锐地觉察出其中的蹊跷……

该剧根据真人真事改编，其灵感来源于行为学专家Paul Ekman博士的真实研究，他能够发掘深埋在人类脸部、身体和声音里的线索，然后将犯罪调查案件中的真实与谎言都昭示天下。Ekman博士担任了该剧的特别顾问。当你无意中抓挠下巴、扳动手掌、触摸鼻子或者拼命吞咽口水时，Cal Leightman博士马上就知道你在撒谎。无论是家人、朋友还是陌生人，什么事情都无法瞒过他的眼睛。他比一台测谎仪更为精确，事实上，他就是个完美的“活测谎仪”。



The King Will Forever Reign

迈克尔·杰克逊：

“死亡”舞台上的华丽谢幕

文字难度：■■■■■■■■■■

■ Author Unknown

乐在其中 译

迈克尔·杰克逊是一个时代的标志，他出类拔萃的音乐才能、华丽丽的舞姿、以及愈发诡异的面容和丑闻不断的私生活，这些无不是人们的谈资。他身上闪耀着“传奇”的荣光，同时也不乏“娱乐大众”该具备的故事。众人惊叹他的成就的同时也不断揶揄讥讽他的外表和行为。如今，他走了。一切的过错都不再重要，他生活上事业上的危机都迎刃而解，所有的鲜花与掌声都重归于他。正如紫氏部在《源氏物语》里感叹的那样，“生前诚可恨，死后皆可爱”，他用死亡成全了我们对一个“传奇”最完整的想望。

——Mac

In startling ways, pop culture mirrors long-standing spiritual arguments. In an age where the stage has replaced the ¹⁾pulpit—where the line between the two is all but invisible—morality is played out in the lives of celebrities. This is an ²⁾unsettling phenomenon. Princess Diana slips into the role of Holy Mother almost equal with ³⁾Mother Teresa. Michael Jackson's call to “Heal the World” in a pop song spreads to every corner of the planet and probably touches more people than the Pope's annual Christmas message.

With the sudden, sad death of Michael Jackson, Michaelism begins to haunt us. His legendary musical achievements totally overshadow his ⁴⁾bizarre and controversial private life. It's

通俗流行文化总是以令人诧异的方式反映着由来已久的精神理念。

在这个布道坛被舞台代替的时代——两者的分界线已经难以察觉——道德伦理从名人的生活中体现了出来。这是一个让人不安的现象。戴安娜王妃不知不觉中充当了圣母的角色，几乎可与德蕾莎修女媲美。而迈克尔·杰克逊在一首流行歌中“拯救世界”的呼声传播到世界的每一个角落，或许比教皇每年的圣诞节致辞更鼓舞人心。

随着迈克尔·杰克逊令人伤感地溘然长逝，“迈克尔主义”开始缠上我们。他极具传奇色彩的音乐成就使他那古怪又充满争议的私生活变得黯

1) pulpit ['pʌlpɪt] n. 布道坛

2) unsettling [ʌn'setlɪŋ] adj. 令人不安的

3) Mother Teresa 德蕾莎修女 (1910—1997)，又称“德兰修女”，著名天主教慈善家

4) bizarre [br'zɑ:] adj. 古怪的



hard not to see Michael Jackson as a king of pop. I could not help but ponder Michael's nature after I received an e-mail that pointed to "the ⁵**transcendent** feeling he inspired in so many people with his music and his dancing. He seemed to be in another zone when he was performing and took others with him." I agree. Throughout his solo career, Jackson's versatility allowed him to experiment with various themes and ⁶**genres**. Unlike many artists, Jackson did not write his songs on paper. Instead he would ⁷**dictate** into a sound recorder; when recording he would sing from memory. In 1979, his album *Off the Wall* became the first album to ⁸**spawn** four US top 10 hits. Awards were showered on him and the stage was set for his most remarkable achievement—1982's *Thriller*, which remains the world's biggest-selling album.

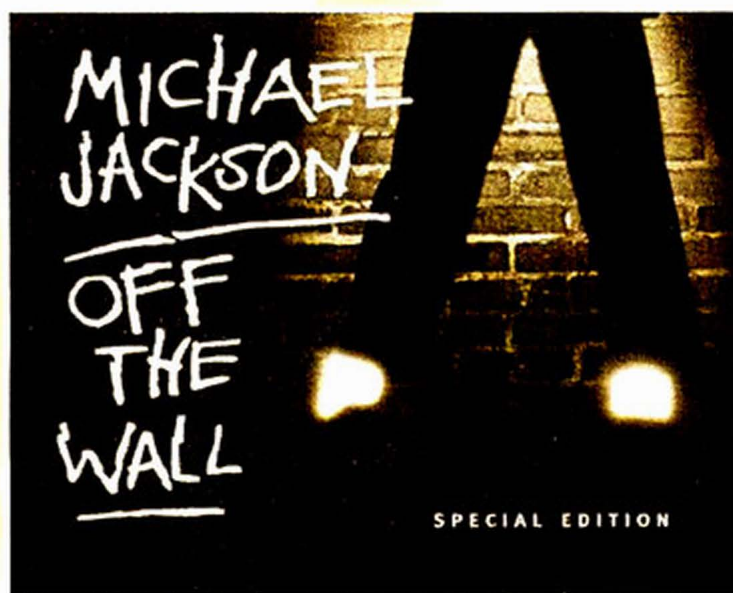
However, aside from the title of King of Pop, he also won a less welcome nickname—⁹**Wacko** Jacko. Everything he did came under

然失色。要不将迈克尔·杰克逊视为“流行之王”恐怕很难。我收到过一封电子邮件，里面提及“他（迈克尔）的音乐和舞蹈给那么多人带来了超然感。在表演的时候，他仿佛置身在另一个世界里，而且把其他人也带到那里去了。”看着这封邮件，我不禁思考他究竟是怎样的一个人。我同意信中对他的描述。在他的个人演艺生涯中，他多才多艺，

这使他可以尝试不同的主题，不同的风格。与许多其他艺人不同，迈克尔·杰克逊创作歌曲不会写在纸上，而是把歌录进录音机里，真正录音时，他会凭着记忆唱出来。1979年，单就《墙外》这个专辑，就产生了四首挺进美国排行榜前十名的歌——这可是史无前例的。接着各种奖项都纷至沓来，

而一切都为他最了不起的成就做好了准备——1982年的专辑《颤栗》，其至今仍为世界上最畅销的专辑。

然而，除了流行乐坛王者这头衔外，他还有一个让他并不怎么受欢迎的外号——疯子杰克。他所做的一切都被毫不





a harsh spotlight, including his rapidly changing appearance. In 2003, Jackson was charged with seven counts of child sexual abuse and two counts of ¹⁰⁾administering an ¹¹⁾intoxicating ¹²⁾agent in order to commit that ¹³⁾felony. Finally Jackson was cleared but became a virtual ¹⁴⁾recluse and a ¹⁵⁾nomad, traveling the world with his children. Creditors started to ¹⁶⁾close in on him, possessions were sold and ¹⁷⁾Neverland was left to ¹⁸⁾decay. He was left to rely largely on the support of wealthy friends attracted by his ¹⁹⁾stardom.

His sudden death has brought him to the position of king of the world, once again. He got what he wanted—immortality.

He's going to be bigger in death than he ever was in life. Early death is the perfect career move for someone as big as he was who really didn't seem to have much of a shot at regaining his former glory, no matter what he did. Look at ²⁰⁾Elvis.

留情地暴露在聚光灯下，包括他那发生惊人变化的外表。在2003年，杰克逊被指控犯下七项儿童性侵犯罪以及另外两项给儿童下迷药以企图性侵犯的罪名。杰克逊最终得以开脱，而他从此也基本上成了一个遁世者，与他的孩子们四处漂泊。他的债主开始逼债，财产被变卖，“梦幻庄园”也被遗弃，荒废在一边。他的生活基本上是要靠那些被他的星光吸引的有钱朋友来支助。

他猝然离世让他再一次回到世界之王的位置了。他最终如愿以偿——永生不朽。

他将比活着的时候更显伟大。对于像他这样一个天王巨星来说，无论如何他已经不可能再重现往日的辉煌，他的早逝是他的事业最完美的一步。看看“猫王”就知道了。

5) transcendent [træn'sendənt] adj. 超凡的，超然的

6) genre ['dʒɒŋrə] n. 流派，类型

7) dictate [dɪk'tet] v. 口述

8) spawn [spɔ:n] v. 产生

9) wacko ['wækəu] n. <俚> 疯子

10) administer [əd'mɪnɪstə] v. 给...下药

11) intoxicating [ɪn'tɒksɪkeɪtɪŋ] adj. 令人迷醉的

12) agent ['eɪdʒənt] n. <化> 剂

13) felony ['feləni] n. 重罪

14) recluse [rɪ'klu:s] n. 隐士

15) nomad ['nəʊmæd] n. 流浪者

16) close in 包围

17) Neverland 梦幻庄园，位于美国加利福尼亚州的圣巴巴拉县，是迈克尔·杰克逊于1988年斥巨资买下的豪宅，根据小说《彼得·潘》里面描述的令人向往的小岛Neverland而命名

18) decay [dɪ'keɪ] n. 衰落

19) stardom ['stɑ:dəm] n. 明星地位

20) Elvis 即Elvis Presley, 阿尔维斯·普雷斯利 (1938—1977), 美国知名摇滚歌手，人称“猫王”

I think he was a very ²¹⁾ **shrewd** man—playing up the ²²⁾ **weirdo** angle as much as possible for the public because of the old saying that there is no such thing as “bad” publicity. Everyone looked at him. We ²³⁾ **took the bait**. I think he knew exactly what he was doing.

Now he is dead. Strangers are brought together for this moment, usually through mass media, only to return to being strangers once the moment is gone. The message being communicated is far simpler than the ²⁴⁾ **doctrines** and ²⁵⁾ **dogmas** of organized faiths. Did Michael Jackson really heal the world in any meaningful sense? Did it help him be elevated to saintly status when in reality his private life contained more than its share of trouble, confusion, and turmoil?

He tried to recapture an innocence he saw in children that he was denied and look where that got him. Things only started to really go downhill when the accusations started—then maybe he started to realize that his own children could be taken away from him as a result of his actions. The only thing he ever said publicly that he wanted was to stay young forever, and now he's going to get his wish. He died very young, and what we're witnessing now is the ²⁶⁾ **deification** of a pop star. Modern myths are created around a complicated personality and then a person becomes ²⁷⁾ **sanctified** for one reason or another. Regardless of whether you loved

我认为他是一个精明的人——他竭力向公众呈现出怪人的一面，因为老话说，没“负面宣传”这回事，有人关注就是好事。所有人都在看他。我们上钩了。我觉得他很清楚自己所做的事。

现在他不在了。一众陌生人都为此聚到一起，这主要归功于大众媒体，待缅怀时刻结束，众人又再形同陌路。此时，被传播的信息比那些有组织的宗教信仰的教义和教条都简单得多。迈克尔·杰克逊真的以某种有意义的方式拯救了世界吗？尽管现实中他的私生活过度烦乱喧嚣，他所谓“拯救世界”的信念行动能否助他上升到“神”那样的高度呢？

他力图找寻从孩子们身上看到的自己已失落的童真，看看会有什么结果。当他面临指控后，事情才开始急转直下，可能也就是那个时候，他才意识到自己的行为可能导致这样的后果——自己的孩子会被带走。他惟一公开说过的一件事就是他想青春永驻，如今他梦想成真。他英年早逝，而我们现在看到的是一个流行明星如何被“神化”。围绕这一复杂人物的现代神话诞生了，一个人因为某些原因被奉若神明。不管你是爱他还是



迈克尔·杰克逊：“我不想长大”

迈克尔·杰克逊喜欢把自己比作童话中那个永远长不大的孩子——彼得·潘。迈克尔·杰克逊曾经说过“我觉得自己只有4岁。我是彼得·潘”这样的话。

彼得·潘是苏格兰作家詹姆斯·巴里笔下的一个小男孩。他离开了大人们居住的世界，生活在梦幻般的“永无乡”里，拒绝成长，永远像孩子一般地活着。而从心理学角度来说，这种喜欢在别人面前“装嫩”，行事带有孩子气，渴望回归到孩子的纯真世界里的表现就是“彼得·潘综合症”的表现。据称，迈克尔·杰克逊就是受到该种心理疾病的困扰。从这个层面上，“彼得·潘综合症”解释了他为什么斥巨资在加利福尼亚圣巴巴拉建起了一个属于他和孩子们的“梦幻乐园”，他为什么爱以“彼得·潘”自居。甚至连美国的《时代》杂志都以“彼得·潘走了”来报道杰克逊的辞世。然而，该种心理疾病并未完全受到心理学领域的承认。



him or hated him—we're seeing the creation of a modern myth—no matter what he has done, death sets him flawless and significant, and I'm fascinated by this.

When Jackson sang *Heal the World*, to some extent, he did inspire such a feeling that healed his own wrongdoings and ours, even though it lasted for only several minutes. But today, I linger on the rare thing that Michael accomplished. As the King of Pop, he's made incomparable achievements in the musical ²⁸⁾arena, and even amidst the grief at his wrongdoings, a remembrance of that still ²⁹⁾comes through.

恨他，我们都目睹了现代神话的诞生，不管他曾经做了些什么，死亡令他成“足赤真金”，非同凡响。而我对这一点惊诧不已。

当杰克逊唱起《拯救世界》，尽管歌曲只有短短的几分钟，但在一定程度上他让人相信他自己和我们的罪孽都被洗净。但今天，我反复思忖着迈克尔的一个难得成就——作为流行乐坛天王，他在音乐领域取得了无人可及的成就：因而，即使我们对他的过错心怀不满，对其思念之情仍向我们袭来。

21) shrewd [ʃru:d] adj. 精明的

22) weirdo ['wi:ədu] n. 古怪的人

23) take the bait 上钩

24) doctrine [dɒktrɪn] n. 教义

25) dogma ['dɒgmə] n. 教条

26) deification ['di:əfɪkeɪʃən] n. 神化

27) sanctified ['sæŋktɪfaɪd] adj. 神圣化的

28) arena [ə'ri:nə] n. 舞台

29) come through 传出，到达

Gone Too Soon

逝去得太快

Track 6

by Michael Jackson

Like a comet
Blazing 'cross the evening sky
Gone too soon

Like a rainbow
Fading in the twinkling of an eye
Gone too soon

Shiny and sparkly
And splendidly bright
Here one day
Gone one night

Like the loss of sunlight
On a cloudy afternoon
Gone Too Soon

Like a castle
Built upon a sandy beach
Gone Too Soon

Like a perfect flower
That is just beyond your reach
Gone too soon

Born to amuse
To inspire, to delight
Here one day
Gone one night

Like a sunset
Dying with the rising of the moon
Gone too soon
Gone too soon

Joe

乔

Track 7

文字难度

by The Cranberries

薇雨 翻译&撰稿

(Oh oh oh oh yeah oh oh)
(Oh oh oh oh yeah oh)

There was a time I was so lonely (Oh hey yeah)
Remember the time, it was on Friday (Oh hey yeah)
You made me feel fine, we did it my way (Oh hey yeah)
I sat on your knees every Friday (Oh hey yeah)

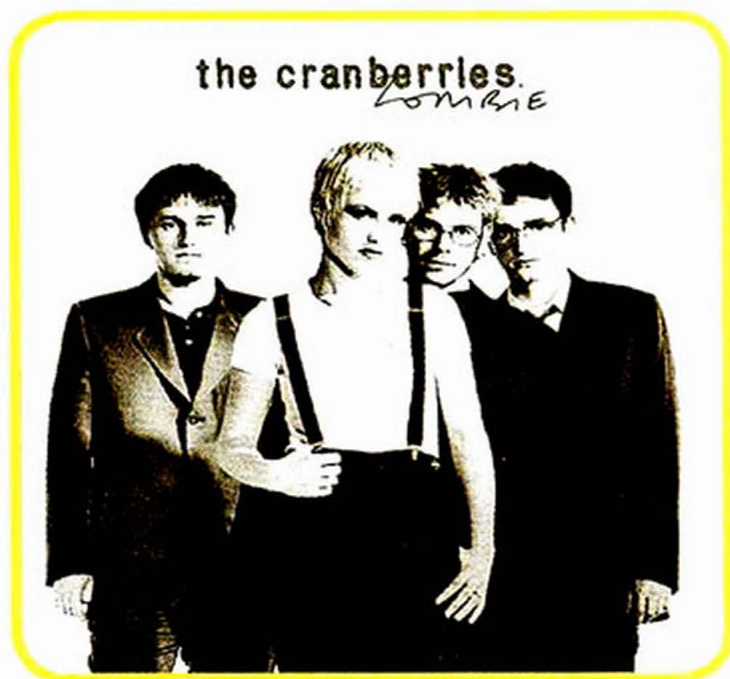
(噢……是的……噢……
噢……是的……噢)

曾几何时，我感觉如此孤独（噢，嘿，是的）
还记得那天是周五（噢，嘿，是的）
你逗我开心，我们玩耍，全听我的（噢，嘿，是的）
每个周五，我都坐在你的膝盖上（噢，嘿，是的）



有段记忆不可思议，有种呼唤遥不可及，有份想念更是让人不可自拔。“Joe”这首感伤的歌曲是The Cranberries（小红莓乐队，又译为“卡百利乐队”）的主唱Dolores为已去世的祖父创作的。在参与你童年的玩伴中，是否也有像Dolores的祖父那样曾对你不离不弃的“大伙伴”？他们晚年返老还童的心境和孩子们纯真的世界有着某种程度的契合，他们分享着你成长过程中一点一滴的小情绪。歌曲里从头至尾的哼唱都透出了浓烈的哀伤。“乔……乔……”，听着Dolores满怀深情地呼唤着祖父的名字，我感同身受之余还想到，失去，本就是成长的代价之一。那是段握不住的时光，但我相信，有种常无来由闪现的记忆会永恒。

The Cranberries是一支来自爱尔兰的知名摇滚乐队，享誉全球。该乐队创建于1990年5月，主唱Dolores那高亢有力的嗓音及其独特的爱尔兰花腔，配合着富有深意的歌词和激动人心的旋律，吸引了全球无数的乐迷。他们以自己独特的曲风，唱出了他们“崇尚和平，关怀世界”的理念。反战歌曲“Zombie”是The Cranberries最经典的歌之一，它使该乐队在1995年的全欧MTV音乐大奖上拿到了“年度最佳歌曲”奖。从1993年至今，该乐队已先后发行了*Everybody Else Is Doing It, So Why Can't We?* (1993)、*No Need to Argue* (1994)、*To the Faithful Departed* (1996)、*Bury the Hatchet* (1999)、*Wake Up and Smell the Coffee* (2001) 等畅销专辑。



(We walked in fields of golden hay)
I still recall you
(We walked in fields of golden hay)
I see you in the summer

Joe...Joe...

I sat on your chair by the fire (Oh hey yeah)
Transfixed in a stare, taking me higher (Oh hey yeah)
Precious years to remember (Oh hey yeah)
Childhood fears I surrender (Oh hey yeah)

(We walked in fields of golden hay)
I still recall you
(We walked in fields of golden hay)
I see you in the summer

Joe...Joe...

(Ooo-ooo-ooo-ooo
Ooo-ooo-ooo-ooo
Ooo, oooh, ooo, ooo) ◆

(我们走在金黄的干草地上)
我仍忆起你
(我们走在金黄的干草地上)
在夏日里，我仿佛又见到你

乔……乔……

我坐在你那张挨着炉火的椅子上（噢，嘿，是的）
在凝视中陷入沉思，心情更加愉快（噢，嘿，是的）
回忆起那些珍贵的岁月（噢，嘿，是的）
那些我只能听之任之的童年恐惧（噢，嘿，是的）

(我们走在金黄的干草地上)
我仍忆起你
(我们走在金黄的干草地上)
在夏日里，我仿佛又见到你

乔……乔……

(噢……
噢……
噢……) ◆

Coming Home

回家

Track 8

文字难度

by Stratovarius

远行的心 翻译&撰稿

*I wake up in the morning
So far away from home
Trying to make it through the day
Many miles are between us
I'm sending my love
From this payphone*

**Through the storms we wandered
Many mountains we have climbed*
But all the bad times are behind
The road is free
I'm coming home*

*Without you I am like
A ship without its sails
Calling the wind to save me
I'd climbed the highest mountain
I'd crossed the *seven seas*
Just to see your smile again*

我在清晨醒来
离家如此之远
每一天，努力克服思念
我们相隔很远
我借这个公用电话
遥寄我的爱

*我们穿过风暴
翻越了许多山脉*
然而所有的苦难时光都已在身后
路途畅通无阻
我正在回家的路上

没有了你，我就像
一只失去了帆的船
呼喊风来拯救我
我翻越了最高的那座山
我横跨了世界七大洋
只为再看见你的笑容

1) seven seas 世界七大海洋，亦作Seven Seas

*All the trust that we built along the years
Is coming back to stay I know
Just look ahead, the road is free
I'm coming home
I'm coming home*

*With every step I'm closer to home
When I'm back you won't be alone
Soon I see the familiar door before my eyes
And you*

*Repeat **
*All the bad times are behind
The road is, the road is free
And I'm coming home
I'm coming home*

*Repeat **
*The road is free
And I'm, I'm coming home*

*Through the storms we wandered
Just look ahead, the road is free*

相信芬兰国宝级前卫金属乐队Stratovarius（灵云乐队）在国内的“粉丝”一定不少（如果你还不是，听完这首歌后可以考虑，决不会后悔！），这期奉上他们的这首让人越听越开阔的《Coming Home》。在透出丝丝凄苦的开篇旋律中，听柔情似水的男人尽诉心中的思念并不好受，但从随之而来声嘶力竭的呐喊中，我们欣喜地听到了急切而无所畏惧的归家欲望和决心，那都源自远方那爱的所在。有些爱，倘若放下得太久，就会失去重拾的可能。所以，为爱再做一次努力，再做一次争取，你需要马不停蹄。Stratovarius的《Forever》也是一首词曲都很棒的作品，也推荐大家听听。

Stratovarius创立于1984年，其乐队名是Stratocaster和Stradivarius这两个单词的组合：Stratocaster是美国芬达公司出品的一种吉他，Stradivarius则专指史上最出名的小提琴制作师安东尼奥·斯特拉蒂瓦里及其家族成员制作的小提琴，这种琴音色饱满，价格昂贵。从名字上不难看出，该乐队走的是一种古典与重金属相融合的音乐风格。虽然Stratovarius的成员因各种原因几经变动，但其并未因此而频繁转变自己的曲风。1987年，Stratovarius完成了第一盘样带的制作，随后在德国、瑞士、荷兰、芬兰、希腊以及日本隆重地展开了一系列巡回演出，其先后推出的多张专辑都大受世界各地乐迷的好评。

所有我们在这些年里建立起的信任
将回来安居，我知道
只需往前看，路途畅通无阻
我正在回家的路上
我正在回家的路上

每一步都让我离家更近
当我回来，你将不再孤身一人
很快，我眼前会呈现那扇熟悉的门
和熟悉的你

重复*
然而所有的苦难时光都已在身后
路途是，路途是畅通无阻的
而我正在回家的路上
我正在回家的路上

重复*
路途畅通无阻
而我正在，我正在回家的路上

我们穿过风暴
只需往前看，路途畅通无阻





Marketing a Drink, but Never by Name

“隐姓埋名”—— 可口可乐营销新策略

文字难度: / / / / /

by Brian Stelter, published on
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乐在其中 译



相比起单纯的商品推销，当下营销更注重“产品文化”的推销，因为文化渗透所产生的效力更持久，精明的商家深谙此理。“畅爽开怀”，这是可口可乐公司在营销策略上开辟的一条新路——对自己的品牌只字不提，而是通过音乐将自己的“产品文化”广而“播”之。当你哼着那些琅琅上口的小调时，那应该是商家高兴的时候了，因为这就是“产品文化”的力量所在。

——Mac

Commercials for Coca-Cola are sometimes so shrouded by storytelling that viewers can make a game of brand-spotting. The game—let's call it “Spot the Coke Can”—takes a particularly long time during the cinematic spots in movie theaters.

In the global advertising campaign called Open Happiness that was introduced in January, the Coca Cola Company takes the game to a logical last step by ¹⁾omitting any reference to the brand in a ²⁾catchy song it created and sold last winter.

With the title *Open Happiness*, the song is an advertisement by association.

Coca-Cola signed a crew of well-known band members and performers to record the single. It

可口可乐的广告片有时太注重故事情节了，观众在看的时候得来一个品牌竞猜游戏。我们把这个游戏叫“找可乐罐罐”吧，在电影院里玩这游戏尤其耗时。

今年一月，可口可乐启动了一个名为“畅爽开怀”的全球广告攻略。其中所采用的琅琅上口的广告歌是去年冬天创作并推出的，歌中没有任何有关可乐品牌的指称。此举把“猜品牌”这一游戏推到了合理的最后一步。

这首名为《畅爽开怀》的歌靠的就是“联想”作广告。

为了录制这支广告单曲，可口可乐公司与不少知名的乐队成员及艺人签约；

also produced several different language versions for other countries.

On Thursday morning, the song will take another promotional step forward when ³⁾MTV is expected to show the ⁴⁾premiere of the music video for *Open Happiness*. Coca-Cola said it did not pay MTV for the showing.

As is the case with the song, viewers of the video will be hard-pressed to spot the Coca-Cola brand. The Coke reference “is so super-fast that you really have to be looking for it,” said a Coke spokesman.

Umut Ozaydinli, the global music marketing manager for the Coca-Cola Company, said the ⁵⁾upbeat song pulled consumers into the Open Happiness campaign, rather than pushing it on them like traditional advertising.

“Coca-Cola is such a strong and magical brand that we can come out with something with no branding or very little branding,” he said in a telephone interview from Turkey on Wednesday, where the company plans to release a Turkish-language version of the song. “All the communications we are doing around the song enable consumers to connect the song with the brand.”

While Coca-Cola has produced songs in the past—before the Summer Olympics in Beijing last year, the company released eight song remixes by DJs — *Open Happiness* stands out because the company is charging for the single on ⁶⁾iTunes and Amazon.com. The musical strategy may remind some of *I'd Like to Teach the World to Sing*, the ⁷⁾jingle-turned-pop-hit that was first featured as a part of Coca-Cola's classic 1971 commercial known as *Hilltop*. In the commercial, young

公司还为其在不同国家的市场制作了几种不同的语言版本。

这个周四早上,《畅爽开怀》这首歌的音乐视频将在MTV上首播,这把宣传活动又推进一步。可口可乐称公司自己并没有为这次播放向MTV支付任何费用。

与歌曲本身的情况如出一辙,看到这个音乐视频的观众需要使劲去找“可口可乐”这个牌子。可口可乐公司的发言人称,在视频中,提及“可口可乐”的部分“飞快闪现,你确实得用心去找。”

可口可乐公司的全球音乐营销经理乌穆特·奥萨迪利说,这首欢快的歌曲把消费者吸引到“畅爽开怀”的宣传活动当中,而不是像传统的广告手段那样把产品宣传强加于人们身上。

他周三在土耳其接受电话访问时表示:“可口可乐是一个影响力非常大,让人不可思议的品牌。因此,我们有足够的底气在做广告时不做品牌宣传,或只做少量的品牌宣传,而我们围绕这首歌所作的宣传,足以做使消费者把这首歌与‘可口可乐’这个品牌联系起来。”可口可乐公司正准备在土耳其推出这首歌的土耳其语版本。

可口可乐公司之前也曾制作过广告歌曲,譬如在去年北京夏季奥运会前,他们就曾推出八首由DJ混录的歌曲,但此次面世的《畅爽开怀》显得尤为特别,因为它在iTunes和亚马逊网站上是以单曲来收费的。这种音乐广告策略让一些人不禁想起可口可乐公司1971年推出的经典电视广告《在山顶上》里那首《我想教全世界唱首歌》,最初只是广告歌,后来成了流行曲。在那个广告

1) omit [ə'mɪt] v. 省略

2) catchy ['kætʃɪ] adj. 易记的

3) MTV 音乐电视网,被认为是唱片产业宣传的重要平台

4) premiere ['premiə] n. 首演

5) upbeat ['ʌpbi:t] adj. 活泼的

6) iTunes 由苹果电脑公司推出的一款媒体播放应用程序

7) jingle ['dʒɪŋɡl] n. 韵律简单的节奏



Janelle Monae



Brendon Urie

Photoshoot for *Open Happiness*

people sang about wanting to “buy the world a Coke.”

“I think they have been looking for something that has that kind of impact,” said John Rudolph, the chief executive of ⁸⁾**Bug Music**, which licenses songs for commercial uses.

Music is, of course, an important part of many advertisers’ messages. Last year, for instance, the R&B singer ⁹⁾**Chris Brown** released a hit song, *Forever*, that doubled as a jingle for the ¹⁰⁾**Doublemint** brand of gum. The song even incorporated the product’s slogan, “double your pleasure, double your fun,” into the lyrics.

Mr. Rudolph noted that few companies are able to afford the production of an original song that doesn’t even mention the brand. But if any company can, it’s Coca-Cola.

For *Open Happiness*, the company

里，年轻人唱出了想要“请全世界喝一杯可乐”的心声。

八格音乐制作公司，对于歌曲作商业用途这一举动予以许可，而其行政总裁约翰·鲁道夫就这一活动发表了意见：“我觉得他们一直在寻找某种能达到相同效果的东西。”

音乐当然是许多广告商要传递的信息里重要的一环。去年，比如R&B歌手克里斯·布朗就推出了一首名为《永远》的大热歌曲，同时这也是绿箭口香糖的广告歌。这首歌甚至把该口香糖产品的广告口号“双重快乐，双重乐趣”融入到歌词里面。

鲁道夫先生指出，专门制作一首原创歌曲而曲中甚至连品牌的影子也没有，这可是很少公司花得起钱去做的。如果说有哪家公司做得到，那就是可口可乐公司了。

为了制作《畅爽开怀》，可口可乐公

collaborated with ¹¹⁾Atlantic Records and signed many artists, like ¹²⁾Brendon Urie of ¹³⁾Panic at the Disco, ¹⁴⁾Travis McCoy of ¹⁵⁾Gym Class Heroes, and ¹⁶⁾Janelle Monae and so on. Ms. Monae, a Grammy-nominated singer and songwriter, said it “was promoting a good cause,” happiness, that all people could agree on.

Being able to work with fellow artists and “write the words and lyrics that we like without feeling like the company was saying, ‘Sing about Coca-Cola,’ it made it more true to my core values,” she said.

The lyrics for the *Open Happiness* song are as sweet and ¹⁷⁾bubbly as the soft drink. “C’mon and lift me up, it’s a brand new day, open up a lil’ happiness today, so I can be someone new,” goes the chorus. The single was released in the United States in March. Tying the music video to the Coke commercials for the campaign is the same ¹⁸⁾five-note melody.

Mr. Ozaydinli speculated that the lack of an in-your-face Coke message is “one of the key

司与大西洋唱片公司合作，并为此与不少艺人签约，如迪斯科恐慌乐队的布兰登·尤里、体操课英雄乐队的特拉维斯·麦科伊和珍妮艾尔·莫内等等。莫内小姐是位歌手兼歌曲创作人，曾获格莱美奖提名，她表示，“这首歌宣传的动机不错”，追寻快乐，这是所有人都赞同的事。

她表示，有机会与其他艺人合作，并且“创作我们自己喜欢的歌词，没有感觉到可口可乐公司要求我们要‘为可口可乐歌唱’，这种做法更符合我的核心价值观。”

《畅爽开怀》的歌词就像可乐那般甜丝丝的，让人欢腾，其副歌唱到：“来吧，让我振奋起来，这是崭新的一天，开启今天的一点快乐，我的面貌将焕然一新。”这首歌已经于今年三月在美国本土发行。在可口可乐的这次宣传活动中，广告的音乐视频配上的正是这首五音旋律歌曲。

奥萨迪利先生推测，歌中没有直接提到可乐是它能够引起消费者兴趣的“一个

8) Bug Music 八格音乐制作公司，一家知名音乐制作公司，成立于1975年

9) Chris Brown 克里斯·布朗，美国乐坛R&B小天王

10) Doublemint 绿箭，美国箭牌糖果有限公司旗下一个口香糖品牌

11) Atlantic Records 大西洋唱片公司，成立于1947年，现为华纳音乐集团旗下子公司

12) Brendon Urie 布兰登·尤里，迪斯科恐慌乐队的主唱

13) Panic at the Disco 迪斯科恐慌，美国一支流行摇滚乐队，成立于2004年

14) Travis McCoy 特拉维斯·麦科伊，体操课英雄乐队的主唱

15) Gym Class Heroes 体操课英雄，美国一支流行乐队，成立于1997年

16) Janelle Monae 珍妮艾尔·莫内，美国女歌手，曾获格莱美音乐奖的提名

17) bubbly [ˈbʌbli] adj. 活泼的

18) five-note melody 五音旋律，指五个音节不断被重复的旋律



open happiness™





reasons” consumers have shown interest in the song. On ¹⁹⁾MySpace, it has been streamed more than 600,000 times.

According to Coca-Cola, the single reached the No. 1 spot on the top 100 music download chart of Baidu.com, a leading Chinese web site.

But it has not found as many fans in the United States: it reached No. 37 on Apple iTunes pop chart for a short period of time, the company said, and no longer appears on the iTunes lists.

Mr. Ozaydinli acknowledged that the song did not perform as well in the United States, but said that “chart success is only one element of the equation.” Coca-Cola said it would consider producing future songs for the Open Happiness campaign in the coming months. A half-French, half-English-language version of the tune will be released in time for the Winter Olympics in ²⁰⁾Vancouver next year.

关键因素”。在“聚友”网站上，这首歌的播放次数超过了60万。

可口可乐公司表示，在中国主要的搜索引擎“百度”上，《畅爽开怀》这首单曲名列前一百首下载歌曲排行榜的榜首。

但在美国本土，其粉丝人数就相对少了。可口可乐公司说，歌曲在苹果公司iTunes的流行榜上曾短期内达到了第37位，而现在，这首歌已经不在iTunes下载列表上了。

奥萨迪利先生承认，这首歌在美国的表现确实一般，但“在排行榜上的成功与否”只是营销攻势的一个组成部分。可口可乐公司表示，公司会考虑在未来的数月里继续为“畅爽开怀”宣传活动录制不同的歌曲。这首歌的一个英法语掺半的版本将会于明年温哥华举办的冬奥会期间推出。



19) MySpace 聚友网，一个社交网络服务网站，其总部位于美国加利福尼亚州

20) Vancouver [væn'ku:və] n. 温哥华，加拿大第三大城市及最大港口城市



王老吉，中国饮料市场的新霸主？

炎炎夏季，中国饮料市场硝烟弥漫。可口可乐公司采用新的营销策略来进一步宣传自己的产品，然而据AC尼尔森数据显示，2009年第一季度，市场上最畅销的饮料品牌竟是本土的王老吉。原因何在？根据饮料行业最近一项调查结果显示，“要健康，要营养”已成为一个全球化的消费观念。与往年相比，如今碳酸饮料已不再是消费者的主要选择，植物型饮料成为新宠。以“清凉健康”为卖点的王老吉凉茶就倍受青睐。看来，可口可乐公司要在当下中国饮料市场上突围，不单要在营销和宣传上下功夫，还要迎合当下消费者新的消费观念去创新发展，这才是该公司的长远发展之计。





Jenny's Antique

孙女的古董

Track 9

文字难度

by Harriet May Savitz

薇雨译

My six-year-old granddaughter stares at me as if she is seeing me for the first time. "Grandma, you are an antique," she says. "You are old. Antiques are old. You are my antique."

I am not satisfied to let the matter rest there. I take out the ¹⁾Webster's Dictionary and read the definition to Jenny. I explain, "An antique is not only old, it's an object existing since or belonging to earlier times ...a work of art ... piece of furniture. Antiques are treasured," I tell Jenny as I put away the dictionary. "They have to be handled carefully because they sometimes are very valuable."

In order to qualify as an antique, the object has to be at least 100 years old.

我那六岁大的孙女盯着我看，好像是头一回见到我一样。“奶奶，你是件古董。”她说道，“你老，古董也老。你就是我的古董。”

我不想就此罢休，于是拿出《韦氏词典》，向詹妮读出“古董”一词的定义。我解释道：“一件古董不仅老，还是从前流传下来，属于过去的物品……艺术品……家具。古董是被珍藏的宝贝。”我一边收起词典，一边告诉詹妮：“有时候古董是很珍贵的，所以必须小心看管。”

一件物品要称得上是古董，最起码得有100年的历史。

1) Webster's Dictionary 《韦氏词典》，著名的词典品牌，由梅里亚姆-韦伯斯特公司出版，被全世界的英语学习者公认为是学习美式英语必用的词典



"I'm only 67," I remind Jenny.

We look around the house for other antiques, besides me. There is a ²⁾bureau that was handed down from one aunt to another and finally to our family. "It's very old," I tell Jenny. "I try to keep it polished and I show it off whenever I can. You do that with antiques." When Jenny gets older and understands such things, I might also tell her that whenever I look at the bureau or touch it, I am reminded of the aunt so dear to me who gave me the bureau as a gift. I see her face again though she is no longer with us. I even hear her voice, and recall her smile. I remember myself as a little girl leaning against this antique, listening to one of her stories. The bureau does that for me.

There is a picture on the wall purchased at a ³⁾garage sale. It is dated 1867. "Now that's an antique," I boast. "Over 100 years old." Of course it is ⁴⁾marked up and scratched and not in very good condition. "Sometimes age does that," I tell Jenny. "But the marks are good marks. They show living, being around. That's something to display with pride. In fact, sometimes, the more

"我才67岁呢。"我提醒詹妮。

我们环顾四周，在屋里找寻除了我以外的其他古董。有个衣柜是从某位阿姨那里一人传一人最终传到我们家来的。

"它很古老，"我告诉詹妮，"我尽力让柜子保持光鲜亮丽，一有机会就会向别人炫耀。对于古董，大家都是这样做的。"等詹妮长大懂事了，我也许还会告诉她，每次我看着或摸着这个柜子时，都会想起把它作为礼物送给我的那位亲爱的阿姨。虽然她已经不在世了，但我仍能忆起她的音容笑貌。我记得自己小时候曾倚着这件古董听她讲故事。这衣柜给予了我这些回忆。

墙上有一幅画，是从一次车库摆摊大甩卖上买回来的。这幅画可以追溯到1867年。"现在，它也成了个古董。"我自豪地说道，"它已经有100多年的历史啦。"当然，画上有些磨损，还留有刮痕，保养得不怎么好。"有时候，岁月会留下这样的痕迹，"我告诉詹妮，"但上面的痕迹是好东西。它们是存在的证明，是值得自豪地展示给别人看的東西。事实上，有时候，一件物品越显年月就会变得越有价



an object shows age, the more valuable it can become.” It is important that I believe this for my own self-esteem.

Our tour of antiques continues. There is a vase on the floor. It has been in my house for a long time. I'm not certain where it came from but I didn't buy it new. And then there is the ⁵⁾four poster bed, sent to me 40 years ago by an uncle who slept in it for fifty years.

One thing about antiques, I explain to Jenny, is that they usually have a story. They've been in one home and then another, handed down from one family to another, traveling all over the place. They've lasted through years and years. They could have been tossed away, or ignored, or destroyed, or lost. But instead, they survived.

For a moment, Jenny looks thoughtful. “I don't have any antiques but you,” she says. Then her face brightens. “Could I take you to school for show and tell?”

“Only if I fit into your backpack,” I answer.

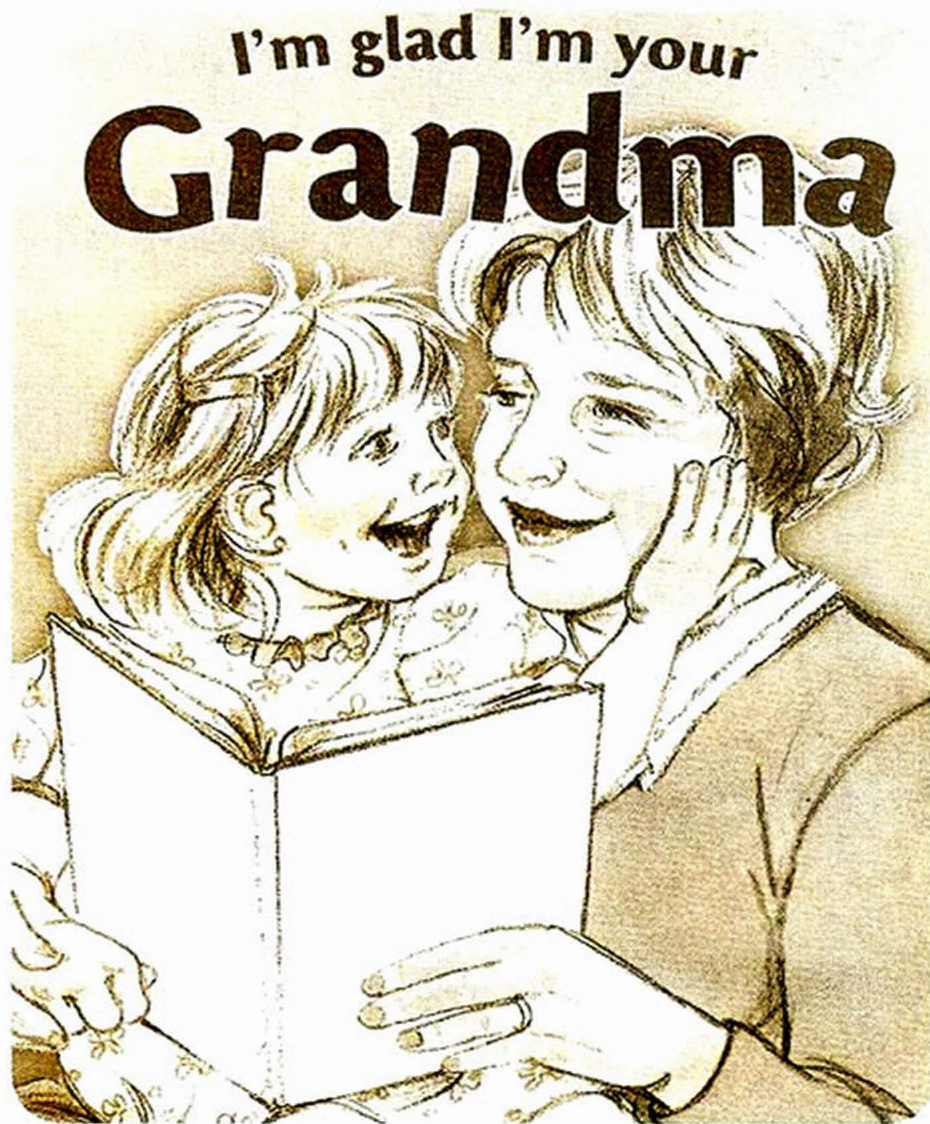
And then Jenny's antique lifted her up and embraced her in a hug that would last through the years. ♦

2) bureau ['bjʊərəu] n. 衣柜, 办公桌

3) garage sale 车库摆摊大甩卖, 即在车库里进行的二手商品大甩卖

值。”面子攸关, 我得坚信这点。(编者注: 作者相信自己年纪大, 显得有价值, 所以才这么说。)

我们的古董之旅继续着。地板上有
个花瓶, 在我家很长时间了。我不确定
它从哪儿来, 但
买的时候肯定不
是新的。接着,
还有张四柱床,
是40年前一位叔
叔送给我的, 送
我之前他已经用
了50年。



我向詹妮解
释道, 古董的特
征之一是它们通
常都蕴含着一段
故事。它们从
这家住进那家,
从一个家庭传至
另一个家庭, 游
遍了各地, 经年
累月地保存了
下来。它们本可
能被扔掉, 或被
忽略、毁坏、弄
丢。但相反的

是, 它们存留了下来。

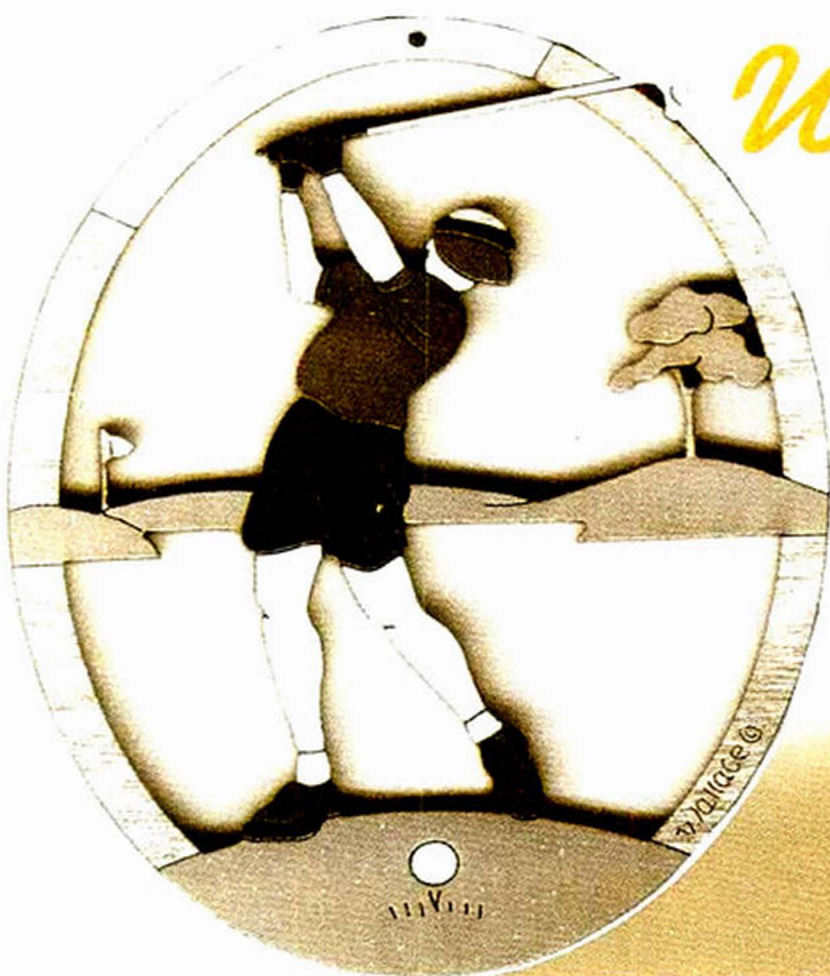
詹妮若有所思了好一会儿。“除了你, 我没别的古董。”她说道。接着, 她脸上露出了喜悦的神色。“我能不能把你带去学校给同学们看, 跟他们讲你的故事?”

“我要能塞得进你的书包才行啊。”我回答道。

然后, 詹妮的“古董”把她抱起, 拥进怀中, 那是个恒久的拥抱。♦

4) mark up 污损

5) four poster bed 四柱床



Wake-up Call

成长的滋味

Track 10

文字难度

by Bob Welch

Tulip 译



I was sitting in a bathtub full of ¹⁾**moldy** ²⁾**sheetrock** when my 13-year-old son asked the question. “Can you take me golfing sometime?” he said.

I had a bathroom to remodel. It was fall, and the forecast for the next week was for a 100 percent chance of Oregon’s ³⁾**liquid sunshine**. I wanted to say no. “Sure,” I said.

“What did you have in mind?”

“Well, maybe you could, like, pick up Jared and me after school on Friday and take us out to Oakway.”

“Sounds good.”

Friday came. The showers continued. But at the appointed hour, I changed from home-improvement garb to rain-protection garb and loaded the boys’ ⁴⁾**clubs** and mine in the back of the car.

In front of the school, Ryan and Jared ⁵⁾**piled in**. Ryan looked at me with a perplexed expression.

“What’s with the golf hat, Dad?” he said.

当时我正坐在装满发霉的灰板的浴缸里。我那13岁大的儿子问了这样一个问题。“你能找个时间带我去打高尔夫球吗？”他说道。

我得装修浴室。那时候是秋天，天气预报预测下周绝对是俄勒冈州典型的雨天。我本想回绝儿子，却答道：“没问题。”

“你有什么主意吗？”

“噢，也许你可以，比如周五放学后来接我和贾莱德，然后带我们去奥克威高尔夫球场。”

“这主意听起来不错。”

周五到了。雨一直在下。但到了约定的时间，我换掉装修时穿的工装，换上防水衣裤，并把我和孩子们的高尔夫球棒放进车尾箱。

在学校门口，瑞恩和贾莱德挤进车里。瑞恩一脸困惑地看着我。

“爸爸，你怎么戴着高尔夫球帽？”他问道。

It was, I thought, a silly question, like asking a ⁶⁾scuba diver what's with the swim ⁷⁾ fins. "Well, I thought we were going to play some golf."

"Uh, you're going, too?" he asked.

Suddenly, it struck me like a three-iron to my gut: I hadn't been invited. Thirteen years of parenting flashed before my eyes. The birth. The diapers. The late-night feedings. Helping with homework. Building forts. Fixing bikes. Going to games. Going camping. Going everywhere together—my son and I.

Now I hadn't been invited. This was it. This was the end of our relationship as I had always known it. This was "⁸⁾Adios, Old Man, thanks for the memories but I'm old enough to swing my own clubs now so go back to your rocking chair and crossword puzzles and—oh yeah—here's a half-off ⁹⁾coupon for your next bottle of ¹⁰⁾Geritol."

我觉得这问题好像，好像在问一个戴着水下呼吸器到深海潜水的人干嘛穿着脚蹼。“噢，我们不是要去打打高尔夫球吗？”

“啊？你也去打吗？”他问。

突然，我像被一支高尔夫球3号铁杆击中腹部一般——原来我不在被邀请之列。为人父母13年来的情形在我眼前瞬间闪现。看着他出生，帮他洗尿布，在深夜里喂哺他，辅导他做作业，和他一块堆堡垒、修单车、玩游戏、去野营。我和儿子去哪都一起。

如今，我却不在被邀请之列。情况就是这样，我们的关系到此决裂，我早知道会这样的了。就等于他在说：“再见了，老爸。感谢那些回忆。但我已经长大，我会自己挥动球杆。现在，你自个儿回到你那张摇椅上，填你的纵横字谜去吧。噢，对了，这儿有张巨力多的五折优惠券，你拿去用吧。”

1) moldy [ˈmɔldi] adj. 发霉的

2) sheetrock [ˈʃi:trɒk] n. (建筑用)石膏灰胶纸夹板，灰板，灰墙

3) liquid sunshine <俚> 雨，美国俄勒冈州有“The Land of Liquid Sunshine”之称，雨水充沛

4) club [klʌb] n. 球棒，球杆

5) pile in 挤进

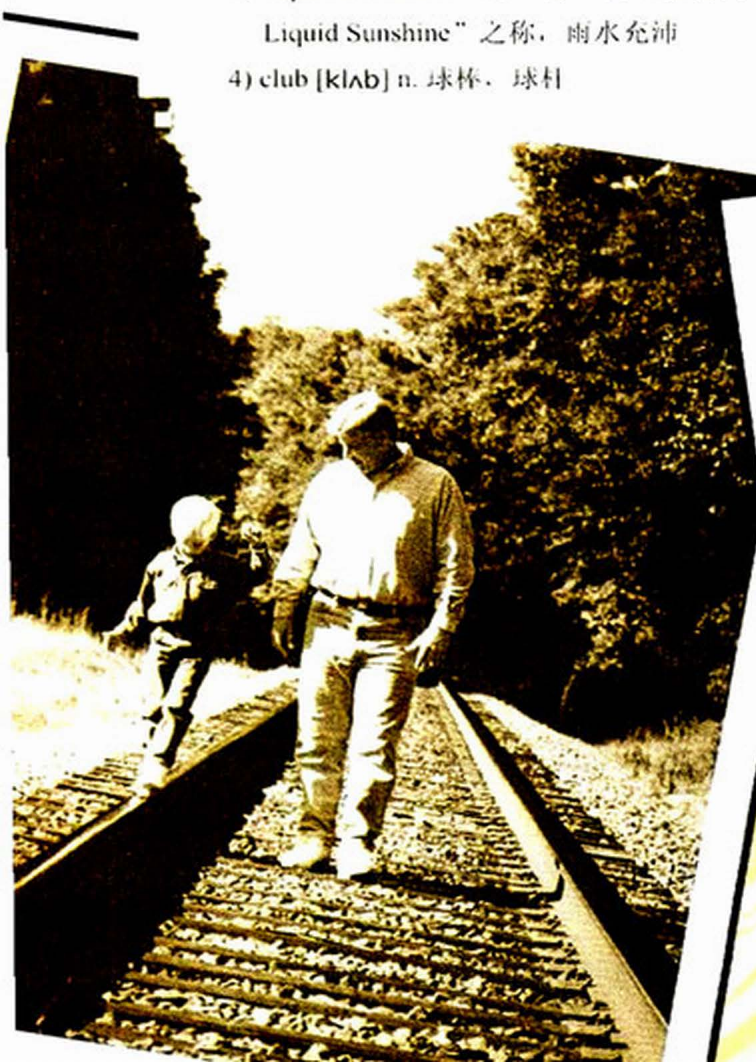
6) scuba [ˈsku:bə] n. 水下呼吸器

7) fin [fɪn] n. (潜水蛙人等缚在脚上的橡胶或塑料)脚蹼

8) adios [ɑːˈdjəʊs] int. 再见

9) coupon [ˈku:pən] n. 赠券，优惠券

10) Geritol 巨力多，一种治疗缺铁性贫血的营养补充剂





All these memories sped by in about two seconds, leaving me about three seconds to respond before Ryan would get suspicious and think I had actually expected to be playing golf with him and his friend.

I had to say something. I wanted to say this: “How could you do this to me? Throw me overboard like unused crab bait?” We had always been a team. But this was abandonment. Adult abuse. Why did it all have to change?

Enough of this mind-wandering. I needed to ¹¹⁾level with him. I needed to express how hurt I was. Share my ¹²⁾gut-level feelings. Muster all the courage I could find, ¹³⁾bite the bullet, and spill my soul.

So I said, “Me? Play? ¹⁴⁾Naw. You know I’m ¹⁵⁾up to my ears in the remodel project.”

We drove on in silence for a few moments. Then, I dropped him and Jared off, wished them luck, and headed for home. My son was on his own now. Nobody there to tell him how to ¹⁶⁾fade a five-iron, how to hit the ¹⁷⁾sand shot. And what if there’s lightning? What about ¹⁸⁾hypothermia? A ¹⁹⁾runaway golf cart? He’s so small. Who would take care of him?

There I was, alone, driving away from him. Not just for now. Forever. This was it. The bond was broken. Life would never be the same.

I walked in the door. “What are you doing home?” my wife asked.

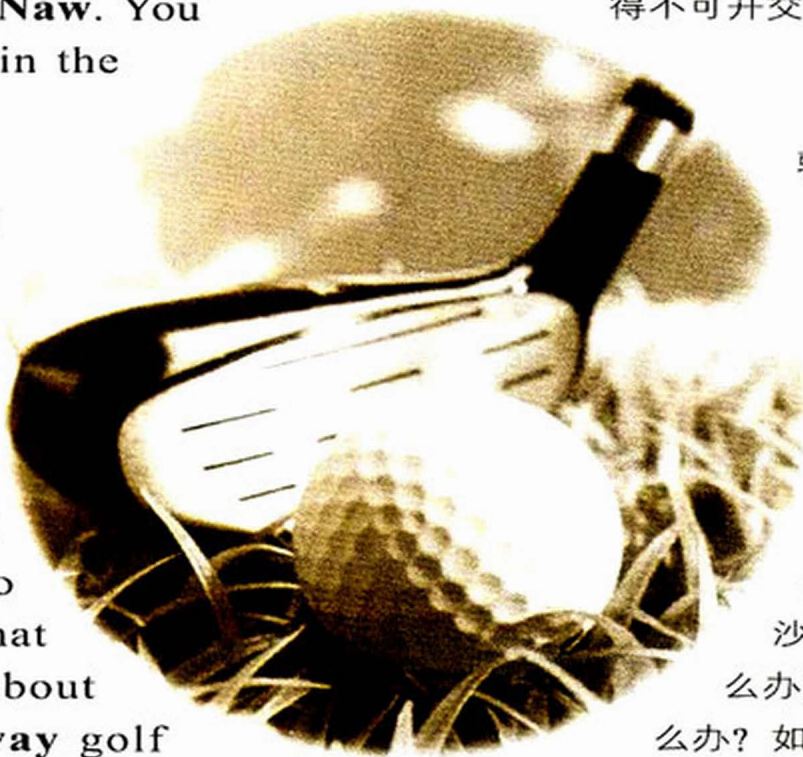
I knew it would sound like some 13-year-old

这所有的回忆在两秒间一闪而过。在瑞恩起疑心，想到我原以为要和他还有他的朋友一起打高尔夫球之前，我大概有三秒的时间思考该怎么回应。

我得说些什么。我本想这么对他说：“你怎么能这样对我？把我像那些没用过的螃蟹诱饵一般扔下船？”我们过去一直都是上阵不离父子兵的。可这回你却抛弃了我，伤害了我这个大人。为什么一切都变了？

够了，别再这样胡思乱想了。我要对他坦白。我要表达自己受到的伤害有多大，告诉他我内心深处的感受，鼓起我所有的勇气，硬着头皮，尽诉心里话。

然而我却说：“我？去打高尔夫球？不是啦。你知道我要装修浴室，正忙得不可开交呢。”



我们在沉默中行驶了一会儿。接着，我放下他和贾莱德，祝他们好运，就把车开回家了。我儿子现在没有我在身边了。那儿没人会告诉他怎样挥动5号铁杆打出左/右曲球，如何打沙坑球。如果有闪电怎么办？如果他体温过低怎么办？如果高尔夫球车失控怎么办？他年纪这么小。谁来照看他？

我独自一人，驾车驶离了儿子。不仅是这刻，而是永远地驶离了他。就这样，我俩的关系破裂了。生活不再如往常。

我走进家门。“你回家干嘛？”我妻子问道。

我知道那将听起来像个在一群人中

who was the only one in the gang not invited to the ²⁰⁾ **slumber party**, but maintaining my immature ²¹⁾ **demeanor**, I said it anyway "I wasn't invited," I replied, with a trace of snottiness.

Then my wife laughed. Out loud. At first I was hurt. Then I, too, laughed, the situation suddenly becoming much clearer.

I went back to the bathroom remodel and began realizing that this is what life is all about: change. This is what fathers and sons must ultimately do: change. This is what I've been preparing him for since he first looked at me and screamed in terror: not to play golf without me, but to take on the world without me. With his own set of clubs. His own game plan. His own faith.

God was remodeling my son. Adding some space here. Putting in a new feature there. In short, allowing him to become more than he could ever be if I continued to hover over him.

I remember how grown-up I felt, walking into that dark clubhouse, the smoke rising from the poker game off to the left, and proudly plunking down my two dollars for ²²⁾ **nine holes**. Would I

唯一没被邀请参加睡衣派对的13岁小孩，但不管了，我很幼稚地说了句：“他们没邀请我。”语气酸酸的。

接着，我妻子大笑起来。起先，我可受伤害了。接着，我也大笑起来。心情顿时平静多了。

我回到浴室继续装修工程，并且开始意识到人生就是不断“改变”。这是父子最终都要做的——改变。自他第一次看着我惊慌尖叫，我就一直在培养训练他要做到这点：不是自个儿打高尔夫那么简单，而是要自个儿应对世界的挑战。用他自己那副高尔夫球杆，按自己的比赛策略，以自己的信念来面对挑战。

上天在改造我儿子。在这儿加些成长的空间，在那儿加进些新特征。总而言之，比起我继续呆在他身边，这让他更有所成。

我记得自己成长的滋味——走进那间漆黑的俱乐部会所，缕缕烟尘从扑克牌游戏处升起，飘离左侧，我自豪地扔下两美元，玩场九洞高尔夫球游戏。我

11) level with 对...坦白

12) gut-level 内心深处的

13) bite the bullet 硬着头皮、鼓起勇气去做不想做或是很难做的事

14) Naw [nɔ:] n. <俚> 不

15) up to one's ears 忙得不可开交，深陷其中

16) fade [feɪd] v. <高尔夫> 打出左/右曲球，使球偏离直线

17) sand shot <高尔夫> 沙坑球

18) hypothermia [haɪpə'θɜ:mɪə] n. 体温过低

19) runaway ['rʌnəweɪ] adj. 失控的

20) slumber party 睡衣派对，即十几岁的女孩子们夜间聚集在一个朋友家里，穿着睡衣一直聊天玩耍到天亮

21) demeanor [dɪ'mi:nə] n. 行为

22) nine holes 九洞高尔夫球游戏，一款别具特色的3D版高尔夫球游戏，有着逼真的3D模拟效果，极其吸引人



小资料

高尔夫球铁杆

高尔夫球铁杆主要用于攻打特定目标。通常是一整套地购买和使用，一般共有9支杆，从3号到9号再加上挖起杆和沙杆，当然也配有1号铁杆和2号铁杆，但业余球手较少使用。

每一支铁杆击球距离都不同，铁杆编号越小，则杆身越长，击球距离也越远。3号铁杆一般可以击出180米的距离，而挖起杆只能击出100米左右的距离。相邻编号的铁杆击球距离约相差10米。越长的铁杆越难控制。





have wanted my father there with me that day? Naw. A boy's gotta do what a boy's gotta do: grow up.

I went back to the bathroom remodel project. A few hours later, I heard Ryan walk in the front door. I heard him complain to his mother that his ²³⁾putts wouldn't drop, that his ²⁴⁾drives were ²⁵⁾slicing, and that the course was like a lake. He sounded like someone I knew. His tennis shoes squeaked with water as I heard him walk back to where I was working on the bathroom.

"Dad," he said, dripping on the floor, "my game ²⁶⁾stinks. Can you take me golfing sometime? I need some help."

I wanted to hug him. ²⁷⁾Rev my ²⁸⁾radial-arm saw in celebration. Shout: "I'm still needed!" I wanted to tell God, "Thanks for letting me be part of this kid's remodel job."

Instead, I got one of those serious-dad looks on my face and ²⁹⁾stoically said, "Sure, Ryan, anytime."

那天希望父亲和我一块呆在那儿吗？不。一个男孩得做他要做的事：成长。

我的思绪回到浴室的装修工程上来。几小时后，我听见瑞恩走进前门。我听见他向他妈妈抱怨自己没把球轻击进洞里，发球都偏一边去了，偏得很厉害，雨水把球场给淹成了湖。他听起来像我过去认识的某个人。我听见他走到我正忙着改造的浴室，他那进了水的网球鞋走起来吱吱作响。

“爸爸，”他说道，他身上的雨水滴落到地板上。“我的高尔夫球技糟透了。你能找个时间带我去打高尔夫球吗？我需要人教教我。”

我想拥抱他，想把我那旋臂锯调至高速以示庆祝，想大喊：“他还是需要我的！”我想告诉老天：“谢谢你让我参与到这孩子的成长改变当中。”

然而，我脸上只是装出了一副那些严肃的老爸脸上常有的表情，恬淡寡欲地说道：“行啊，瑞恩，没问题。”

23) putt [pʌt] n. <高尔夫> 轻击，推球入洞

24) drive [draɪv] n. <高尔夫> 发球

25) slice [slaɪs] v. <高尔夫> 左/右偏（偏得很厉害）

26) stink [stɪŋk] v. 糟透了

27) rev [rev] v. 加快（发动机等的）转速

28) radial-arm saw 旋臂锯

29) stoically ['stɔɪkli] adv. 恬淡寡欲地，隐忍地

Lunch Hour in Utica

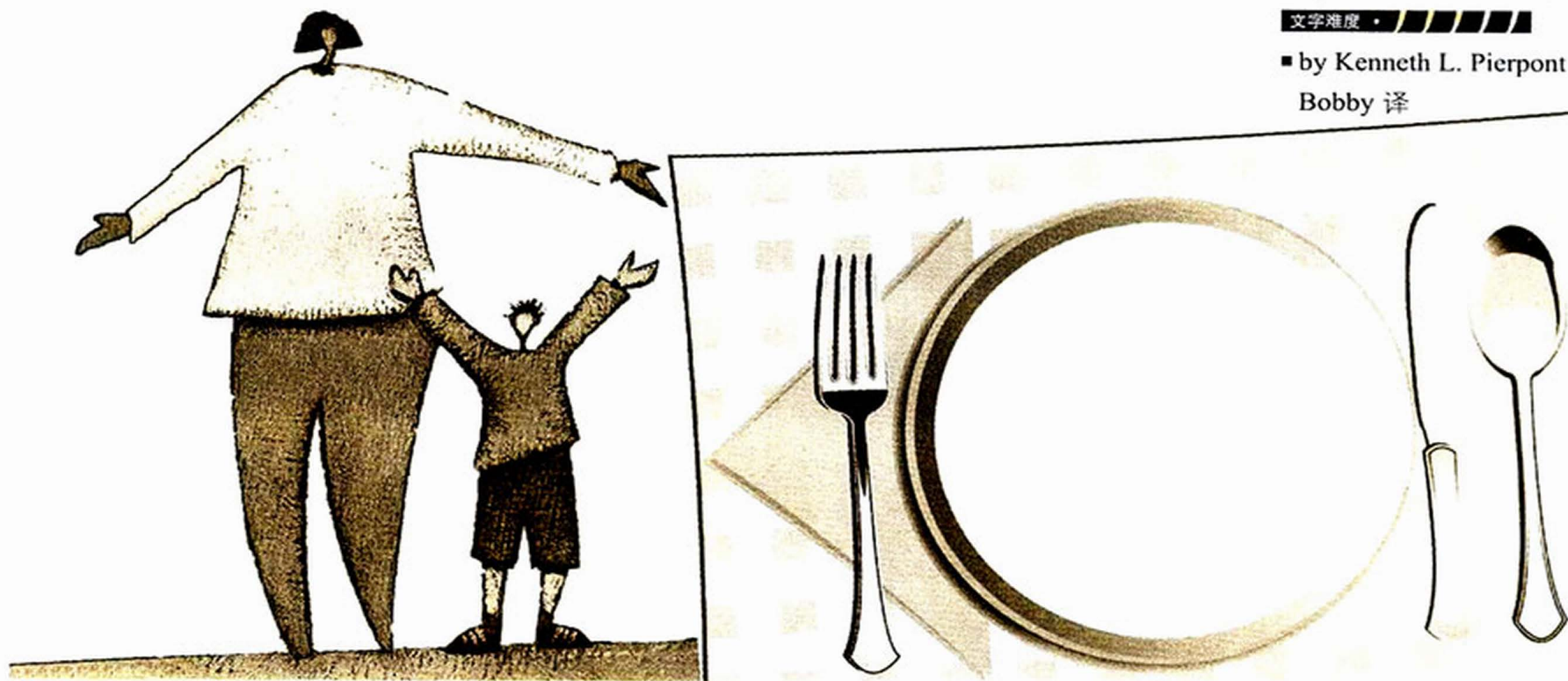
Track 11 MP3 www.topenglish.net

尤蒂卡的午餐时光

文字难度

by Kenneth L. Pierpont

Bobby 译



If my life were a movie I would ²⁾**fast-forward** through junior high. My junior high years were painful. Like every junior high kid, I was dealing with awakening sexuality, and struggling with who I was and how I would make my mark in life. But I was sure I was alone with these strange feelings.

I was trying and failing in a number of things. I wanted to excel in athletics but had not yet figured out that that would never happen. I wasn't ³⁾**academic** enough to spell academic. (I'm a little surprised right now that I was able to spell that without the aid of my ⁴⁾**nifty** little Microsoft Word spell checker). I was trying to ⁵⁾**gain a spot in the** ⁶⁾**pecking order** as a new kid in school. All the while, I remember suffering the rejection of most of my peers, being cut from the basketball team, failing to play football that I so

如 果我的人生是一出电影，我会快进初中求学那部分内容。我的初中时光充满了痛苦。像每个初中生一样，我得面对情窦爱欲的萌芽，为认识自我建立自我而挣扎，苦恼该如何给自己的人生烙下印记。但那时，我确信自己得单独面对这些奇怪的感受。

我尝试过做一些事情，但都失败了。我希望自己成为运动健将，但当时没意识到那是绝不会发生的。我学业成绩不好，连“academic”这个词都拼不出来（此刻，没有那棒极了的微软文档“拼写检查”小功能的帮助，我也能拼出“academic”那个词，我都感到有些吃惊）。作为学校里的一名新生，我很想跻身于校园里的社交圈子。我一直记得自己当时遭到了大多数同龄人的排斥，被踢出篮球队，渴望踢足球却踢不

1) Utica ['ju:tika] n. 尤蒂卡，美国俄亥俄州一个小村庄

2) fast-forward 使（录音带或录影带）快进

3) academic [æke'demik] adj. 好学的，学业优秀的

4) nifty ['nɪftɪ] adj. 很好的，敏捷的

5) gain a spot in sth. 跻身于...

6) pecking order （任何团体中的）长幼尊卑制度，权势等级

wanted to play. It was a time of questioning how girls saw me and wanting so much to be loved and accepted. To be loved and accepted seemed to me at the time something I could never, in all my life, achieve.

During that time I would go through the cafeteria line and eat alone, feeling unloved and unnoticed. As spring came, one day I was starting out the door and complaining that I had no one to eat with. Mom said to me, "If you want, you can come home for lunch." That day, when lunch came, it

was a beautiful spring day in the hills of central Ohio. The bell rang at noon and I ⁷⁾**bolted** from the school and ran across the little village home to eat. I wondered if my mom would remember. When I got there, Mom was getting a little chicken ⁸⁾**pot pie** out of the oven for me. It was a very humble lunch. It was just one of those four-for-a-dollar pot pies with little ⁹⁾**diced** pieces of chicken, frozen peas and carrots, in some chicken ¹⁰⁾**gravy**.

Mom set a cloth napkin beside my plate at the end of the table just beneath the window. I sat at our humble kitchen table in our tiny, white rented home on Maple Street in Utica. Mom listened to me while I talked about whatever was on my mind. In about 15 minutes my time was up and I ran back to school.

That was in about 1972, thirty years ago. My mom at the time was in her early thirties. She seemed so old to me then and thirty-year-olds seem like children to me now. She sat across the table for about 15 minutes and looked at me and listened to me and three decades later I remember

成。那时候，我会揣测女孩们眼中的自己是怎样的，多么希望有人爱自己，有人接受自己。但那时，被爱和被接受于我而言似乎是某种我这一生都不会得到的东西。



那段时光里，我会穿过在学生餐厅里排队的人群，独自用餐，感觉自己被忽视且不被喜欢。冬去春来，有一天，我准备出门，抱怨着没人和我一起吃饭。母亲对我说：“你喜欢的话，可以回家吃午

饭呀。”那天，午餐时间到了，那正是俄亥俄州中部山区一个美丽的春日。中午，铃声响起，我从学校跑出来，跑过那个小村庄回家吃饭。不知道母亲是否还记得当时的情景。当我回到家，母亲正从烤炉里拿出一小块鸡肉馅饼给我。那是一顿简便的午餐，就是一块那种一美元就能买到四块的鸡肉馅饼，里面有些许鸡肉粒，冰冻豌豆和胡萝卜，浇上些鸡肉汁。

餐桌就放置在窗台下，母亲在餐桌边我的碟子一旁放了块餐巾。在我们那间位于尤蒂卡枫叶街租来的白色小房子里，我坐在厨房里那张简陋的餐桌旁。母亲听我说着心头的大事小事。大约过了15分钟，我的午休时间结束了，我跑回学校。

那大约是在1972年，30年前发生的事了。我母亲当时才三十出头。她那时在我看来已经很老了。而现在，三十多岁的人对我来说就像小孩。餐桌上的15分钟里，她都坐在我对面，看着我，听我讲话。30年后，我还会满心欢喜地忆

those times with fondness. She just paid attention to me. It's a powerful thing to pay attention to people.

Now you know a little more about how I see home. Home is a place where you don't have to sit alone and eat. Home is a place where people don't ignore you and avoid you.

Home is a place where it doesn't really matter that much what's on the menu, simple things are sweet to the taste in an atmosphere of love and security and acceptance. Moms are people who listen to you when no one else is interested. And moms don't ever think the small ¹¹⁾mundane things you do don't matter. Moms don't laugh at your dreams. Good moms pay attention. Great moms ¹²⁾fix you something warm to eat and pay attention.

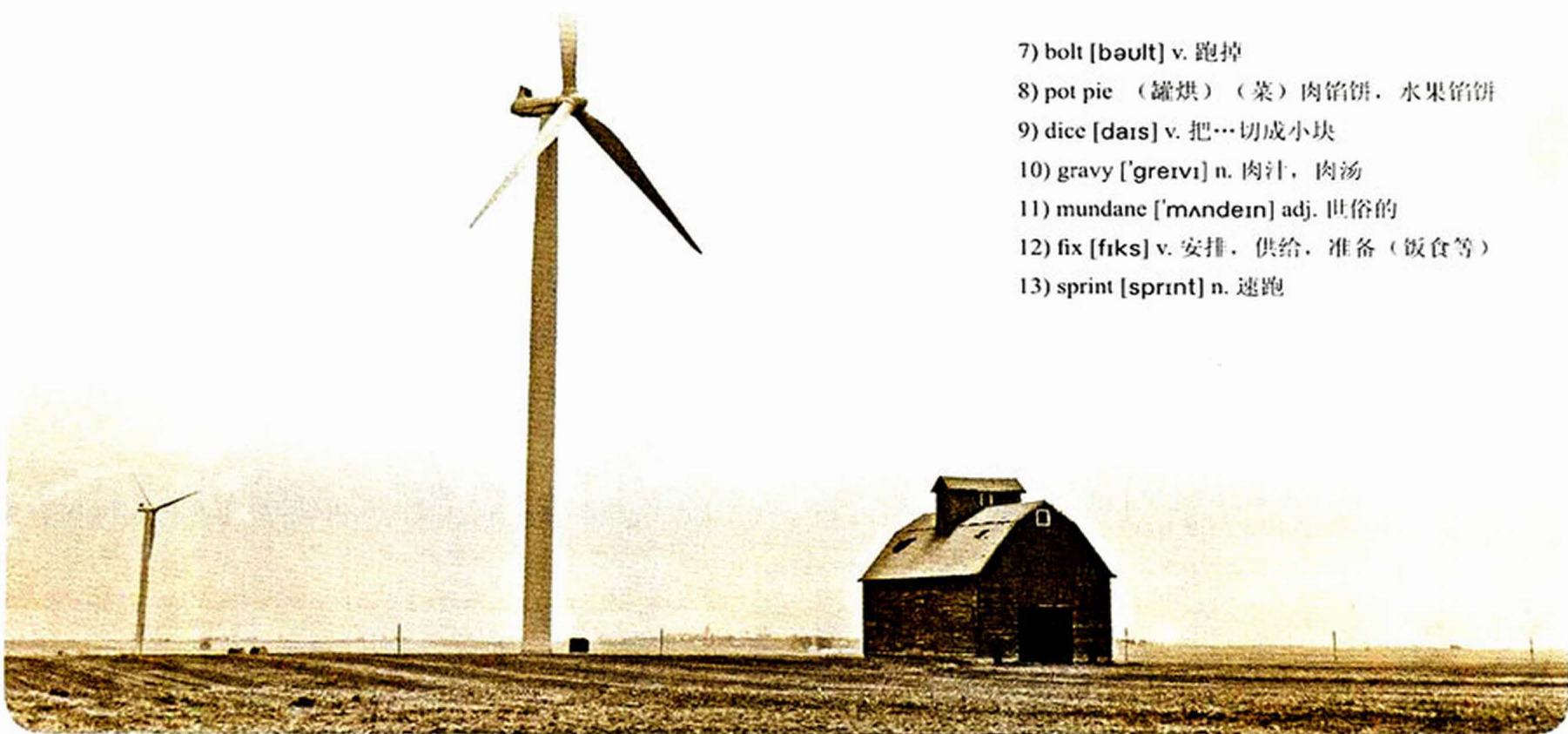
I'm not sure what was happening at the time but I know those little chicken pot pies were not worthy of a ¹³⁾sprint across town. With the clarity of vision that the years bring, I now know that I needed a friendly place of warm acceptance for a few minutes a day. I didn't need my stomach filled as much as I needed my emotional fuel tank refilled. And refueling an emotional fuel tank is a good mother's specialty. 🌻

起那些时光。她关注的就是我。给予他人以关注是一件伟大的事。

现在，你又知道了多一些我对家的看法了。家，是一个你不需要独自坐着吃饭的地方。家，是一个你不会被忽略或避开的地方。

家，是一个吃什么其实不那么重要的地方。在一种充满爱、安全感和被认可的氛围中，简单的东西品尝起来也会显得香甜可口。当别人都对你的事不感兴趣时，母亲是那个会倾听你心声的人。而且，对于你做的那些无聊小事，母亲从不会认为它们是不重要的。母亲不会嘲笑你的梦想。好母亲会关注她的孩子。伟大的母亲会为你准备一些温馨的食物，并给予你关注。

我不确定当时是怎么回事，但我知道，那些小小的鸡肉馅饼并不值得我穿城飞跑回家。岁月使我看得愈加清晰，我现在知道了，我当时需要一个温暖的空间——一天之中能给我几分钟的温暖认可。相比填饱肚子，我更需要给我的“精神油箱”加油。而给“精神油箱”加油是一个好母亲的专长所在。🌻



7) bolt [bəʊlt] v. 跑掉

8) pot pie (罐烘)(菜)肉馅饼，水果馅饼

9) dice [daɪs] v. 把...切成小块

10) gravy ['grɛvɪ] n. 肉汁，肉汤

11) mundane ['mʌndeɪn] adj. 世俗的

12) fix [fɪks] v. 安排，供给，准备(饭食等)

13) sprint [sprɪnt] n. 速跑

Famous

出名

文字难度: / / / / /

by Naomi Shihab Nye

雪桐 翻译&撰稿



The river is famous to the fish.

*The loud voice is famous to silence,
which knew it would inherit the earth
before anybody said so.*

*The cat sleeping on the fence is famous to the birds
watching him from the birdhouse.*

The tear is famous, briefly, to the cheek.

*The idea you carry close to your bosom
is famous to your bosom.*

鱼儿熟知河流。

寂静熟知高声。
寂静知道，在任何人发声前，
它会接管地球。

鸟儿熟知睡在围墙上的猫。
它在笼中注视着猫的一举一动。

脸颊熟知眼泪，纵使短暂。

你的心熟知
你心头的想法。

The boot is famous to the earth,
more famous than the ¹⁾ *dress shoe*,
which is famous only to floors.

1) dress shoe 出席正式场合穿的鞋

2) shuffle ['ʃʌfl] v. 到处移动, 拖着步子走

3) pulley ['pʊli] n. 滑轮

The bent photograph is famous to the one who carries it
and not at all famous to the one who is pictured.

I want to be famous to ²⁾ *shuffle* men
who smile while crossing streets,
sticky children in grocery lines,
famous as the one who smiled back.

大地熟知靴子，
而不怎么了解皮鞋和高跟鞋，
因为那些高贵的鞋履只为地板所熟知。

陈旧卷曲的照片为随身携带它的那个人所熟知，
而并非为照片里的主角所熟知。

I want to be famous in the way a ³⁾ *pulley* is famous,
or a buttonhole,
not because it did anything spectacular,
but because it never forgot what it could do. 🌟

我想为那些微笑着穿过街道的过客们
所熟知。

那些在杂货店里排着队身子粘乎乎的孩子，
熟知我是那个会向他们报以微笑的人。



我想像个滑轮，
或是纽扣眼那样为人所熟知。
其名声并非来自什么惊人之举，
而只因其从未忘记自己的职责。🌟

这期带来的诗歌，也许会引起你对“名声”这东西进行更深层次的思考。起先，诗人不紧不慢接二连三地向你描绘了几个为“某物”所熟知的小事物（这些事物随处可见，看似寻常，其“行为”却在诗人笔下蕴含着不寻常的哲理），层层推进，在最后两节诗里阐述了自己的人生观和价值观——做一个有用而不张扬的人，自身的美誉来自于忠于职守，而自身的价值能得到淋漓尽致的发挥。当然，正如诗里提及的那样，美誉还来自于你对他人微笑的一瞬间所流露出的爱意。有句话说，“名声就像是一种易变质的食品”，吃的人一开始满心欢喜，却可能在品用的过程中因其致命。聪明的你一定能悟出话中的玄机。让美誉成为一种人生动力，而非肩上的包袱和怀里的凶器吧！

Naomi Shihab Nye (1952 -)，诗人、歌曲创作者、小说家，自幼在美国圣路易斯市和巴勒斯坦中部城市耶路撒冷两地生活，父亲原籍巴勒斯坦，母亲是美国人。她毕业于美国三一大学 (Trinity University)，现居住在美国得克萨斯州圣安东尼奥市。Naomi Shihab Nye著有19 *Varieties of Gazelle* (《十九种小羚羊》)、*Come with Me: Poems for a Journey* (《随我同行：旅途诗情》)、*Fuel* (《燃料》) 等诗集，及小说 *Habibi* (《哈比比》)，她曾获古根海姆奖和国会图书馆威特·拜纳奖，现任美国国家人文基金会全国委员会委员。

The Stolen Child (Excerpt)

文字难度: / / / / /

by Keith Donohue

雪桐译

失窃的孩子 (节选)

一个夏夜，七岁的男孩亨利·戴离家出走，躲进了森林里的某个树洞中。在那里，他被一群精灵抓走。其中一个精灵用他的外表重返人世，展开新的生活。而那个被抓走的男孩，经过死而复生的奇特洗礼之后重生为精灵，被改名为安尼·戴，从此告别文明世界，永远以七岁的外表游荡在森林中。时光匆匆，安尼·戴渐渐遗忘了人类的语言和自己真实的姓名，却努力想要记住自己的家人与过去。而假亨利·戴在人群中隐瞒着自己的真实身份，却无法掩藏自己那神童般的钢琴天赋，更无法阻止那些总是在梦中涌现的记忆。他费尽千辛万苦了解一个德国少年钢琴家的真实故事，最后赫然发现，那正是一百多年前的自己……两个被交换命运的孩子渐渐长大，他们的生命几度交会，却都擦肩而过。他们的灵魂该如何得到救赎？他们又该如何夺回自己的人生？

美国作家Keith Donohue花了七年时间完成的处女作《The Stolen Child》（《失窃的孩子》）是一个写给成人看的朴实的童话，其中无不反映了现代人存有的心病：异化、孤独、身份丢失、渴望与他人交换人生……该书的创作灵感来自于著名诗人叶芝于1889年发表的同名诗作。美国亚马逊网上书店在该书出版前就已秘密买下其电影改编权。该书出版后不仅登上各大畅销书排行榜，更入围了2006年度“图书界的奥斯卡”——鹅毛笔大奖，还荣获了美国《轨迹》杂志2006年度“最佳新人作品奖”和亚马逊网上书店文学小说榜及奇幻科幻榜双料冠军。

本文节选自该书第一章。



Don't call me a fairy. We don't like to be called fairies anymore. Once upon a time, fairy was a perfectly acceptable ¹⁾catchall for a variety of creatures, but now it has taken on too many associations. If you must give me a name, call me ²⁾hobgoblin. Or better yet, I am a ³⁾changeling—a word that describes within its own name what we are bound and intended to do. We kidnap a human child and replace him or her with one of our own. The hobgoblin becomes the child, and the child becomes a hobgoblin. Not any boy or girl will do, but only those rare souls ⁴⁾baffled by their young lives or ⁵⁾attuned to the weeping troubles of this world. The changelings select carefully, for such opportunities might come along only once a decade or so. A child who becomes part of our society might have to wait a century before his turn in the cycle arrives, when he can become a changeling and reenter the human world.

Preparation is tedious, involving close surveillance of the child, and of his friends and family. This must be done unobserved, of course, and it's best to select the child before he begins school, because it becomes more complicated by then, having to memorize and process a great deal of information beyond the intimate family, and being able to mimic his personality and history as clearly as mirroring his physique and features. Infants are the easiest, but caring for them is a problem for the changelings. Age six or seven is best. Anyone much older is bound to have a more highly developed sense of self. No matter how old or young, the object is to deceive the parents into thinking that this changeling is actually their child. More easily done than most people imagine.

No, the difficulty lies not in assuming a

别叫我精灵。我们已经不再喜欢被称作“精灵”了。曾几何时，“精灵”是对多种生物相当不错的一个统称，但如今它已染上过多的联想色彩。如果你非得给我取名，就叫我小妖吧。或者，更好的说法是，我是一个换生灵——顾名思义，这个词指明了我们要做和想做的事。我们诱拐一个人类小孩，把他或她与我们的小妖交换。小妖变成了那个小孩，而那个小孩变成了一个小孩。并非随便哪个男孩女孩都行，只有那些少之又少的、对他们年幼的生命感到困扰，或对世上的悲愁心有戚戚焉的人才能用来交换。换生灵们挑选对象很小心，因为这种机会大概十年左右才有一次。成为我们这个族群一分子的那个孩子，或许要等上一个世纪才能轮到他换生，那时他将成为一个换生灵，重返人类世界。

准备工作繁重而乏味，其中包括密切监视那小孩，还有他的朋友和家人。当然，这都得做得不露痕迹。最好选择在那孩子上学之前换生，因为孩子上学以后，一切都会变得更复杂。除了与那孩子关系亲密的家属的信息外，换生灵还要记住和处理其他大量信息，另外还得像镜子映照形体容貌那般，一清二楚地模仿出那孩子的性格和经历。婴儿是最好办的了，可对换生灵来说，照料他们是一桩难事。六到七岁的孩子就最好不过了。超过这个年龄，孩子就开始更有自我意识了。而不管他们年龄大小，我们的目标是骗过孩子的父母，让他们相信这个换生灵的的确确就是他们的亲骨肉。这其实比大多数人想像的要容易。

不，困难不在于装出拥有那孩子

1) catchall ['kætʃɔ:l] n. 放各种各样物品的容器，包罗甚广的话或法律等

2) hobgoblin ['hɒbgɒblɪn] n. 妖精，怪物

3) changeling ['tʃeɪndʒlɪŋ] n. 被暗中偷换后留下的孩童或东西，换生灵。

关于“换生灵”的传说在爱尔兰由来已久。

4) baffle [bæfl] v. 困惑

5) attune [ə'tju:n] v. 使协调，使合调



child's history but in the painful physical act of the change itself. First, start with the bones and skin, stretching until one ⁶⁾**shudders** and nearly snaps into the right size and body shape. Then the others begin work on one's new head and face, which requires the skills of a sculptor. There's considerable pushing and pulling at the ⁷⁾**cartilage**, as if the skull were a soft ⁸⁾**wad** of clay or ⁹⁾**taffy**, and then the malicious business with the teeth, the removal of the hair, and the tedious re-weaving. The entire process occurs without a gram of painkiller, although a few ¹⁰⁾**imbibe** a noxious alcohol made from the ¹¹⁾**fermented** mash of ¹²⁾**acorns**. A nasty undertaking, but well worth it. In the end, one is an exact copy of a child. Thirty years ago, in 1949, I was a changeling who became a human again.

I changed lives with Henry Day, a boy born on a farm outside of town. On a late summer's afternoon, when he was seven, Henry ran away from home and hid in a ¹³⁾**hollow** ¹⁴⁾**chestnut tree**. Our changeling spies followed him and raised the alarm, and I transformed myself into his perfect ¹⁵⁾**facsimile**. We grabbed him, and I slipped into the hollowed space to switch my life for his. When the search party found me that night, they were happy, relieved, and proud—not angry, as I had expected. “Henry,” a red-haired man in a fireman's suit said to me as I pretended to sleep in the hiding place. I opened my eyes and gave him a bright

的经历，而在于那痛苦的变形本身。首先，从骨骼和皮肤开始，把自己拉伸成合适的大小和体型，拉到浑身颤抖，骨头差点儿断裂。然后，其他换生灵会在他新的头脸上下功夫，这需要雕刻家的技艺。软骨被左扯右捏，整个头颅就像是块黏土或太妃糖等软物。接下来是针对牙齿的“歹毒工序”，还要拔头发，然后再慢慢编织新的头发。整个过程中，一粒止痛药都没有，虽然有些换生灵会喝一种对身体有害的用橡子汁发酵而成的酒。这变身工程很痛苦，但很值。最后，换生灵就和某个用来换生的孩子一模一样了。三十年前，就是1949年，我从一个换生灵重新变成了一个人。

我和亨利·戴这个男孩交换了生活，他出生在镇外的一个农场里。一个夏末的午后，七岁的亨利离家出走，藏到了一棵栗树的树洞中。我们的换生灵密探跟踪他并发出信号，我于是变身成为了他完美的复制品。我们抓住他，然后我溜进树洞，和他交换了生活。当晚搜寻孩子的那队人马找到我时，他们可高兴了，松了口气，还挺自豪的——没有一丝恼怒，正如我所料。“亨利。”一个穿着消防员制服的红发男人朝我喊道，当时我在躲藏处假装睡觉。我睁开眼，冲他露出灿烂的微笑。这人用薄毯

smile. The man wrapped me in a thin blanket and carried me out of the woods to a paved road, where a fire truck stood waiting, its red light pulsing like a heartbeat. The firemen took me home to Henry's parents, to my new father and mother. As we drove along the road that night, I kept thinking that if that first test could be passed, the world would once again be mine.

As the fire truck ¹⁶⁾**lurched** up the driveway to the Days' home, I ¹⁷⁾**vomited** against the bright red door, a vivid mess of acorn mash, ¹⁸⁾**watercress**, and the ¹⁹⁾**exoskeletons** of a number of small insects. The fireman patted me on the head and ²⁰⁾**scooped me up**, blanket and all, as if I were of no more consequence than a rescued kitten or an abandoned baby. Henry's father leapt from the porch to gather me in his arms, and with a strong embrace and warm kisses ²¹⁾**reeking** of smoke and alcohol, he welcomed me home as his only son. The mother would be much harder to fool. Her face betrayed her every emotion: ²²⁾**blotchy** skin, ²³⁾**chapped** with salty tears, her pale blue eyes rimmed in red, her hair ²⁴⁾**matted** and ²⁵⁾**disheveled**. She reached out for me with trembling hands and emitted a small sharp cry, the kind a rabbit makes when in the distress of the ²⁶⁾**snare**. She wiped her eyes on her shirtsleeve and wrapped me in the wracking shudder of a woman in love. Then she began laughing in that deep ²⁷⁾**coloratura**.

"Henry? Henry?" She pushed me away and held on to my shoulders at arm's length. "Let me look at you. Is it really you?"

把我裹起来，抱着我走出树林，来到公路上，一辆消防车停在那里，车上那红灯如心跳那般搏动闪烁。消防员们把我带回家，交给亨利的父母，也就是我的新父母。那晚车子在路上行驶时，我一直在想，只要能通过第一关，这个世界就会重新归我所有。

在开往戴家的路上，消防车颠簸起来，我吐在了鲜红色的车门上，能看出来那肮脏的呕吐物里有橡果泥、水田芥，还有很多小昆虫的外骨骼。消防员拍拍我的头，把我连同毯子一把抱起，好像我不过是只被救的小猫或者一个弃婴似的。亨利的父亲大步跨过门廊，一把抱住我。他以紧紧的拥抱和带着烟酒味温暖的亲吻，把我当成自己唯一的儿子迎回家。但亨利的母亲就不太好糊弄了。她的脸完全泄露了她的情绪：长满斑点的脸上挂着一道道咸咸的泪水，暗淡无神的蓝眼睛四周红了，头发蓬乱，纠缠成一团。她朝我张开双臂，两手直抖，发出一声短促的尖叫，那叫声听起来好像是掉入陷阱的兔子发出的一般。她用衬衫的袖子擦了擦眼，她满怀爱意地在颤抖中把我搂住，接着笑了起来，声音深沉急促。

“亨利？亨利？”她把手放在我肩上，把我推至一臂远的地方，说道：“让我看看你。真的是你吗？”

6) shudder ['ʃʌdə] v. 战栗，发抖

7) cartilage ['kɑ:tɪlɪdʒ] n. 软骨，软组织

8) wad [wɒd] n. 填料，软填充物

9) taffy ['tæfi] n. 太妃糖，乳脂糖

10) imbibe [ɪm'baɪb] v. 吸收

11) ferment [fɜ:'ment] v. 使发酵

12) acorn ['eɪkɔ:n] n. 橡子，橡树果

13) hollow ['hɒləʊ] n. 洞

14) chestnut tree 栗树

15) facsimile [fæk'sɪmɪlɪ] n. 复制本，摹本

16) lurch [lɜ:tʃ] v. 颠簸着行进

17) vomit ['vɒmɪt] v. 呕吐

18) watercress ['wɔ:təkres] n. 水田芥，豆瓣菜

19) exoskeleton [eksəʊ'skelɪtən] n. 外骨骼

20) scoop up 拾起，抱起

21) reek [ri:k] v. 散发出

22) blotchy ['blɒtʃɪ] adj. 有斑点的，污斑似的

23) chap [tʃæp] v. 使发红，使皴裂

24) matted ['mætrɪd] adj. 缠结的，乱蓬蓬的

25) disheveled [dɪ'ʃevəld] adj. 散乱的，乱蓬蓬的

26) snare [sneə] n. 陷阱，圈套

27) coloratura [kələ'reɪtʃu:rə] n. 花腔，通常指声乐旋律中的装饰，包括种种装饰音、急速的音阶以及华彩段等

“I’m sorry, Mom.”

She brushed away the ²⁸⁾**bangs** hiding my eyes and then pulled me against her breast. Her heart beat against the side of my face, and I felt hot and uncomfortable. “You needn’t worry, my little treasure. You’re home and safe and sound, and that’s all that matters. You’ve come back to me.”

Dad cupped the back of my head with his large hand, and I thought this homecoming ²⁹⁾**tableau** might go on forever. I squirmed free and dug out the handkerchief from Henry’s pocket, crumbs spilling to the floor.

“I’m sorry I stole the biscuit, Mom.”

She laughed, and a shadow passed behind her eyes. Maybe she had been wondering up to that point if I was indeed her ³⁰⁾**flesh and blood**, but mentioning the biscuit ³¹⁾**did the trick**. Henry had stolen one from the table when he ran away from home, and while the others took him to the river, I stole and pocketed it. The crumbs proved that I was hers.

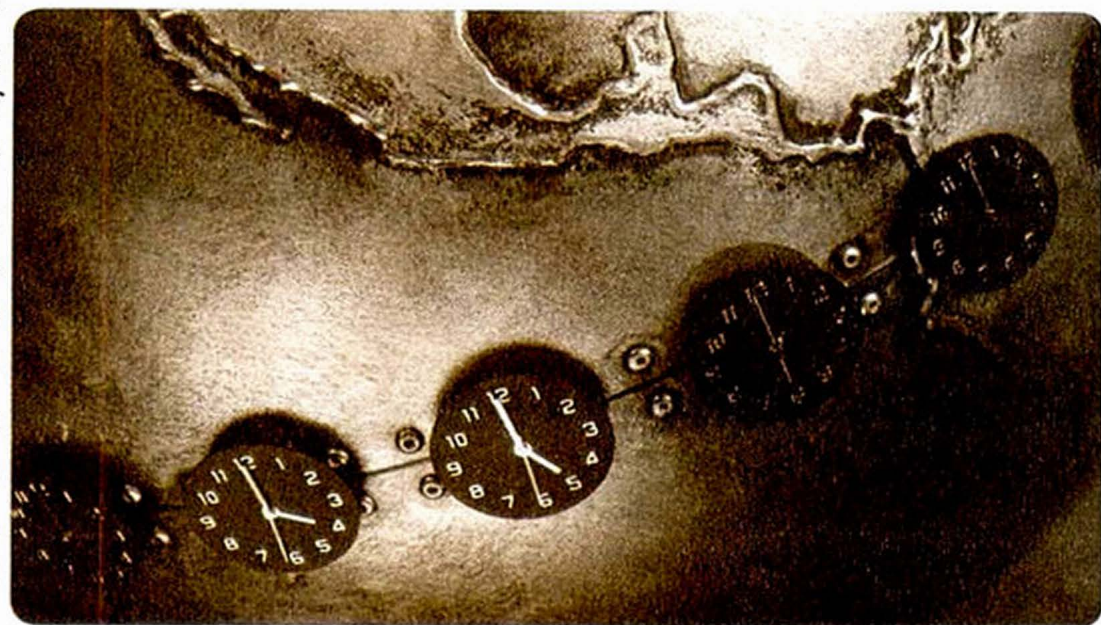
Well after midnight, they put me to bed, and such a comfort may be the greatest invention of mankind. In any case, it ³²⁾**tops** sleeping in a hole in the cold ground, a moldy rabbit skin for your pillow, and the grunts and sighs of a dozen changelings anxious in their dreams. I stretched out like a stick between the ³³⁾**crisp** sheets and pondered my good fortune. Many tales exist of failed changelings who are uncovered by their

“对不起，妈妈。”

她拨开遮着我眼睛的刘海儿，一把将我搂进怀里。她的心在我脸侧跳动，我觉得又热又不舒服。“别担心，我的宝贝。你回家了，安然无恙，这才是最要紧的。你回到我身边了。”

爸爸用他的大手包住我的后脑勺，我想这幕“欢迎回家”的场面可能会永远持续下去。我蠕动着身子，一点一点地挣脱出来，从亨利的口袋里掏出条手帕，饼干屑撒在了地板上。

“对不起，妈妈，我偷了饼干。”



她笑起来，眼里的阴影消失了。也许她直到前一刻还在怀疑我是否是她的亲骨肉，但我一提到饼干就奏效了。亨利离家出走时，从桌上偷了块饼干，别的换生灵把他带到河边时，我把饼干偷过来放在口袋里。饼干屑证明了我她是她的孩子。

午夜后，他们让我上床睡觉，这种舒适大概是人类最伟大的发明了。不管怎么说，这总比睡在洞里冷冰冰的地上要强，拿发霉的兔皮当枕头，还有十来个换生灵在不安的睡梦中咕哝和叹气。我在松软的被子里伸直手脚，思索着我的好运。换生灵失败的故事也有不少，他们的身份被所谓的

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presumptive families. One child who showed up in a ³⁴⁾**Nova Scotia** fishing village so frightened his poor parents that they fled their own home in the middle of a snowstorm and were later found frozen and ³⁵⁾**bobbing** in the frigid harbor. A changeling girl, age six, so shocked her new parents when she opened her mouth to speak that, thus frightened, they poured hot wax into each other's ears and never heard another sound. Other parents, upon learning that their child had been replaced by changelings, had their hair turn white overnight, were stunned into ³⁶⁾**catatonia**, heart attacks, or sudden death. Worse yet, though rare, other families drive out the creature through ³⁷⁾**exorcism**, banishment, abandonment, murder. Seventy years ago, I lost a good friend after he forgot to make himself look older as he aged. Convinced he was a devil, his parents tied him up like an unwanted kitten in a ³⁸⁾**gunnysack** and threw him down a well. Most of the time, though, the parents are confounded by the sudden change of their son or daughter, or one spouse blames the other for their queer fortune. It is a risky ³⁹⁾**endeavor** and not for the fainthearted. That I had come this far undetected caused me no small satisfaction, but I was not completely at ease. 🍀



家人揭露。有个出现在加拿大新斯科舍某渔村的孩子把他可怜的父母吓坏了，他们在暴风雪中弃家而逃，后来被发现尸体冻僵了，飘浮在寒冷的港口上。一个六岁的换生灵女孩，一开口说话就让她的新父母恐惧不已，这对父母在惊

吓之中，把滚烫的蜡油灌进对方耳朵里，从此再也听不到声音。还有一些父母，得知他们的孩子被换生灵替换后，一夜白发，有的被吓到

得了紧张症，有的心脏病突发，还有的猝死。更惨的是，尽管很少见，但确实有一些人家通过驱魔、驱赶、抛弃等方式把换生灵赶出去，或者杀害他们。七十年前，我失去了一位好朋友，因为他忘了让自己随年月成长变大。他的父母深信他是魔鬼，把他像一只没人要的小猫一样捆起来装进麻布袋，丢到一口井里。但大多数情况是，父母对他们儿女的突变大惑不解，或为这种离奇的命运而相互责备。这种冒险的事真不是胆小鬼能干的。我对于走到这一步仍没有被揭穿感到挺得意的，但还没有完全放下心来。 🍀

28) bang [bæŋ] n. 刘海儿，额前垂发

29) tableau ['tæbləʊ] n. (生动的)画面，场面

30) flesh and blood 亲骨肉，亲人

31) do the trick 获得成功

32) top [tɒp] v. 超越，胜过

33) crisp [krɪsp] adj. 挺括的，卷的，起皱纹的

34) Nova Scotia 新斯科舍，加拿大东部一省

35) bob [bɒb] v. 上下来回地摆动

36) catatonia [kæ'tə'niə] n. 紧张症，以昏迷、痴呆、癫狂以及肢体的僵硬或极度疲软等不同状况为特征的不正常状态，常伴随有精神分裂症

37) exorcism ['eksɔ:sɪzəm] n. 驱魔，驱邪所用的咒语

38) gunnysack ['ɡʌnɪsæk] n. 黄麻袋

39) endeavor [ɪn'devə] n. (为达到某一目的而进行的)活动，事业

2007年上映的《变形金刚》被认为是“通用汽车产品和电影工业的一次经典合作”。2008年，通用汽车公司处于水深火热当中，在“破产与重组”的漩涡中挣扎。2009年，万众期待的《变形金刚2》可以说是通用汽车公司欲重整雄风的一个重要尝试，片中一款款靓丽的车型不仅牢牢抓了观众的眼球，更是为通用汽车公司新推出的产品来了一次“深入人心”的宣传。片中，主角擎天柱死而复生。如果说他的命运暗示着“通用”的未来，那么我们有理由期待，一个更强大的汽车巨人将以崭新的姿态重登舞台。

——Mac

new GM (general motors, 美国通用汽车公司) vehicles spotlighted in Transformers 2

by Brandon Seiler

GM is using the summer **blockbuster**(巨型炸弹) *Transformers 2: Revenge of the Fallen* to showcase a **lineup**(一组) of the next generation vehicles they hope will transform their struggling empire. Here are the key insights into the crucial future of General Motors' offerings.

[1] Chevrolet [2] Volt as "[3] Jolt"

The Volt is being called the vehicle that will save GM. Set for release in late 2009, it could prove to be a true landmark success for electric cars. GM calls it an extended-range electric vehicle. Running on an electric motor powered by a **lithium-ion**(锂离子) batter pack, the Volt can travel up to 40 miles on electric power alone. Volt vehicle chief engineer Andrew Farah says that the car will have a range of more than 300 miles on a **full charge**(完全装满) with a full tank of fuel and that the batteries are being designed to have a 10-year life.

2010 Chevrolet [4] Camaro [5] SS as "[6] Bumblebee"

What's most alluring about the leading car in the new Transformers movie might be that GM is currently offering a Bumblebee appearance package for [7] Camaro LT and SS models through December of this year. The Bumblebee option includes **Rally**(拉力赛, 汽车比赛项目之一) yellow exterior color with black "Bumblebee" stripes and "Transformers" **badges**(徽章) on the wheel center caps.

[8] Corvette [9] Stingray Concept as "[10] Side Swipe"

That's right, a new Stingray. It rides on big **chrome**(铬合金) wheels with its split-back **rear window**(后窗玻璃). But don't get too excited just yet; GM claims that the car featured in the movie is not a sign they might bring the legendary model out of retirement.

[11] Chevrolet Trax as "[12] Mud Flap" and [13] Chevrolet Beat as "[14] Skids"

If and when GM releases the two cars in North America they would be the smallest General Motors has ever sold in the U.S. Car and Driver reports that the Trax is a five-door **utility vehicle**(多用途运载车) that



rides on the same **chassis**(底盘) as the [15] Chevy [16] Spark a minicar sold in Asia, and is powered by a similar 1.0-liter engine.

That just about covers GM's star appearances in *Transformers 2*. Grab yourself some popcorn and go and pick out your favorite four-wheeled friend. 🍿

[1] Chevrolet 雪佛兰, 通用汽车公司旗下一个著名的汽车品牌

[2] Volt 雪佛兰的一款混合动力型汽车, 依靠电力运行

[3] Jolt “摇摆”, 电影《变形金刚2》中一个机器人的名字

[4] Camaro 雪佛兰的一款跑车

[5] SS abbr. Super Sports, 雪佛兰系列中超级跑车的标志

[6] Bumblebee “大黄蜂”, 电影《变形金刚2》中一个机器人的名字

[7] Camaro LT Camaro系列的一款跑车

[8] Corvette 雪佛兰旗下的旗舰跑车, 被誉为“美国的法拉利”

[9] Stingray Corvette系列的一款跑车

[10] Side Swipe “横炮”, 电影《变形金刚2》中一个机器人的名字

[11] Chevrolet Trax 雪佛兰的一款微型小客车

[12] Mud Flap “挡泥板”, 电影《变形金刚2》中一个机器人的名字

[13] Chevrolet Beat 雪佛兰的一款微型小客车

[14] Skids “刹车”, 电影《变形金刚2》中一个机器人的名字, 与“挡泥板”是双胞胎

[15] Chevy abbr. Chevrolet, 雪佛兰的英文简称

[16] Spark 雪佛兰微型小客车Beat的2010年限量版

九月，对于参加了工作的我来说尽管没有“开学了”那种期待，但也还是有盼头的——美国网球公开赛开锣，各大足球联赛赛场硝烟渐起，而停播了许久的美剧也回归了。因为有盼头，所以觉得生活有意思。那么各位亲爱的读者们，九月的CR也让你们有“盼头”吗？现在就请慢慢enjoy这期CR吧。(Mac)

“CR之星”

小编们这个月从众多的读者调查表和来信中抽取了10名幸运读者（名单如下），他们每人将获赠2009年9月号的CR一本。祝贺他们！

郑微翠（广东）、蒋明洁（天津）、伍子婕（湖北）、李昊（河北）、潘李（浙江）、孙瑜烽（浙江）、沈盼盼（江苏）、黄思程（广西）、丁一（江苏）、陈薇（广东）

CRQQ群招募公告

Hi, CR“粉丝”们，看过来！为了更好的发挥CRQQ群的作用，并加强编读互动，小编们决定公开招募4名群管理员（每个群两名）协助小编有效管理QQ群并开展一系列活动。想跟CR更近距离地接触吗？想为CR的成长出一份力吗？那就赶紧行动，应征CRQQ群管理员吧！它不仅发挥你的才干，锻炼你的能力，还有丰厚的奖品等着你哦！详情请见CR的官方博客<http://blog.sina.com.cn/crazyenglishreader>，期待你们的积极参与！

“粉丝”心声

我是一名刚刚参加完高考的学生，阅读CR已经很久了。CR不仅仅是一本教人学英语的杂志，更是一本能给人以启迪和鼓励的优秀读物，从中我学会了很多道理。CR的插图很美丽，让人爱不释手；其次，里面有的翻译让人拍手叫绝，翻译得很地道。有几期CR总让我看过之后反复思考，思考人生，让我学会了淡定与坦然。

——沈盼盼（江苏）

心情·对话

今期奉上影评一则，希望大家在欣赏之余不要忘了积极参与我们这个栏目哦。

Becoming Jane（《成为简·奥斯丁》）：只怪情永在

是的，这是一个老套的爱情故事。那个把爱情题材写尽的女子——简·奥斯丁，她的爱情生活就是《傲慢与偏见》的真实版。

俗语说得好，不是冤家不聚头。他们的相遇可称是“火花四射”。她看不惯他公子哥放荡不羁的作风，他亦不屑她自以为是的文采。然而，爱神从来不按常理出牌，一对冤家竟也互生情愫。她窥见他不羁的外表下藏着一颗敏感的心灵，而他发现她竟有“巾帼不让须眉”的疏豪。就这样，爱情“一触即发”。无奈身份地位悬殊，各方阻挠终使一对璧人天各一方。

影片是从现存资料推断虚构了简·奥斯丁的爱情之路，尽管在权威人士眼中难以堪称“完美”，但是作为2007年度最值得推荐的爱情片之一，《Becoming Jane》赚足了观众的眼泪。该影片除了奉献了经典的爱情桥段，还让我们发现：James McAvoy，这个身形瘦削的苏格兰男星，凭借一双如海水般幽蓝的眼睛与颇具爆发力的演技，可担“大众情人”之任。

多年以后，他们重逢。多年的思念从他给女儿起名为Jane这事可知。其实他还可以和女儿说说他一生的挚爱，说说她是个怎样的女子，有多美丽，或者多坚强。岁月与分离都无法将他们击垮。对他们来说，唯一打不赢的只有思念与爱情。(Mac)



一、《高中生各科高效学习法》加强版 ——圆你清华北大梦

《高中生各科高效学习法》由清华、北大教授精心编写，在一个月可快速提高学生各科成绩35分以上，与其他学习方法的教材是截然不同的。

特点：(1) 本教材含全部高中内容；(2) 各科都是用不同的方法并结合实例分开讲解的，可将你杂乱无章的知识整理得井井有条，就像为你铺设了几条高速路一样，无阻碍地快速前进；(3) 它可迅速提高理科的理解、分析、判断、解题能力，文科的背诵也只需熟读几遍就可牢牢记住；(4) 本套方法简单易学。我们通过跟踪调查证明，凡使用过这套教材的学生，学习成绩在短期内均有大幅度提高，绝大多数已考入了名牌大学。因此这套教材被教育界公认为最有效的学习方法指导用书。**文科全套教材四册售价106元；理科全套教材四册售价108元；文理科全套售价130元**

(1) 清华大学中医学系 曹丹 我刚上高中时成绩很差，考大学根本没希望，压力特别大，到了高二班主任孙老师给我介绍了一套《高中生各科高效学习法》这套教材见教真快，应用了20天我的各科成绩就有了明显的提高，不到三个月的时间我就进入了年级前几名。高考时平均每课成绩我又多得了35分。最终我以优异的成绩考上了清华大学。

(2) 上海交通大学 徐西 今年要是没有《高中生各科高效学习法》的帮助，我根本就考不上这么好的大学，是这套学习方法改变了我上大学的命运。说实话，今年的高考题绝大部分都用了你们讲解的方法。

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二、“比智高助长冲剂”——你长高梦

人矮的主要原因是人体内缺少赖氨酸及多种维生素、磷、钙等成分，正是这些成分对人体的高矮起到了决定性的作用，“比智高助长冲剂”正是含有这些成份的增高特效药，我们通过跟踪调查证明，8-25岁男女青少年连续服用1-3个疗程，均不同程度上增长6-11.2厘米，使先天不足，后天可补成为现实。每疗程3盒售价80元，两个疗程起邮，服用三个疗程无效退款。

云南保山的刘哥来信说：“我服用了两个疗程的比智高助长冲剂，一个月后长高了9.3厘米，特此感谢！”

三、近视眼的克星“康晶眼睛治疗仪”

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四、海藻减肥香皂轻松瘦身不反弹

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运动+营养 长高不再是梦想！

现今社会对身高的标准是：女孩子“亭亭玉立”，这至少包括两腿修长，男青年则要“伟岸英俊”。如果仅仅是审美也就罢了，不幸的是身高渗透到社会各个领域，发挥着强大的作用：部分高等院校对身高有要求，女青年将身高170厘米以下的男青年视为“半残”，企事业单位招聘人员也有身高要求，因此，面对许多男女青年因身高被拒之门外的现实，家长痛心，孩子伤心。

市场上流行的增高产品，效果如何，众说不一，难予置评。不过可以肯定的是，传统的运动+营养的方法是最自然也是最安全的。25岁以下的青少年只要按此方法做，1个月再长高6-14厘米的梦想就会成真，你的身材也会更修长。该方法由国家体育总局、中国体育科学研究所和中国青少年饮食与营养协会共同研发，经数千例验证疗效确切，推荐青少年使用，简单易学，每天只需要几分钟，食物价廉，全国各地均有。

《运动+营养科学快速增高法》已由我公司独家技术买断，现面向全国销售，每套售价50元。考虑到个别读者对该方法的疗效存有疑虑，我公司可按半价25元收费。如果你达到了理想效果，请再自觉补汇25元。如果无效，全额退款！请到邮局汇款，写清双方的地址、姓名和邮编（严禁信中央夹，否则丢失自负）！凡汇款50元者，款到当日即寄出，3-5日即可寄到手中（最好留联系电话）；凡先按半价25元汇款者，我们采用普通邮寄，2周左右寄到。汇款时在汇款单附言栏内注明性别、年龄、当前身高、理想身高。

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全国中小学生有奖征文启事

喜庆祖国六十华诞，为培养和提高文学艺术爱好者的创作能力，吸收一批有发展潜力的作者给予重点培养，作文指导报社特举办全国中小学生有奖征文活动。参赛作品体裁不限，课堂作文、诗歌、散文、小说、绘画、书法、剪纸、幽默笑话等作品均可。

大赛活动设特等奖1名，各奖10000元；一等奖5名，各奖3000元；二等奖10名，各奖1000元；三等奖50名，各奖500元；优秀奖、指导奖各若干名，各奖纪念品大礼包一份，并颁发荣誉证书。来稿按先后顺序评比，优秀作品及时通知作者并在作文指导报上选登（及时寄发样报和200元不等的稿酬），并结集出版《全国中小学生优秀作品集》；优秀作者聘为作文指导报社小记者。大赛即日起至2010年8月31日截稿，来稿不退，请作者自留底稿。

来稿请寄：郑州市经五路66号作文指导报社创作管理中心 王军 收
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Crazy English

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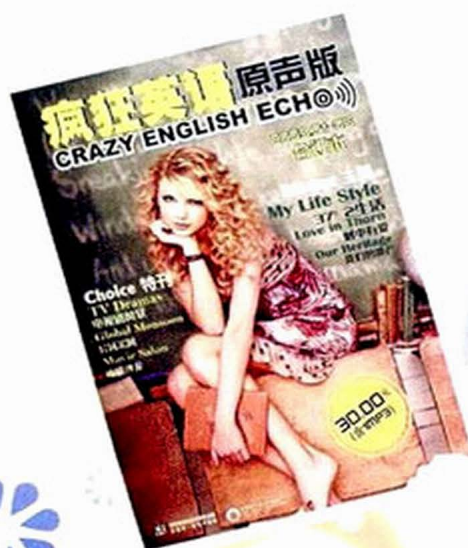
四套合订本汇集《疯狂英语原声版》、《疯狂英语阅读版》、《疯狂英语中学版》及《疯狂英语口语版》2009年1月至6月的所有文章，MP3部分收录半年来的全部声音材料。整编成册，适合珍藏。

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关于2010年原声版和教师版变更刊期的通知

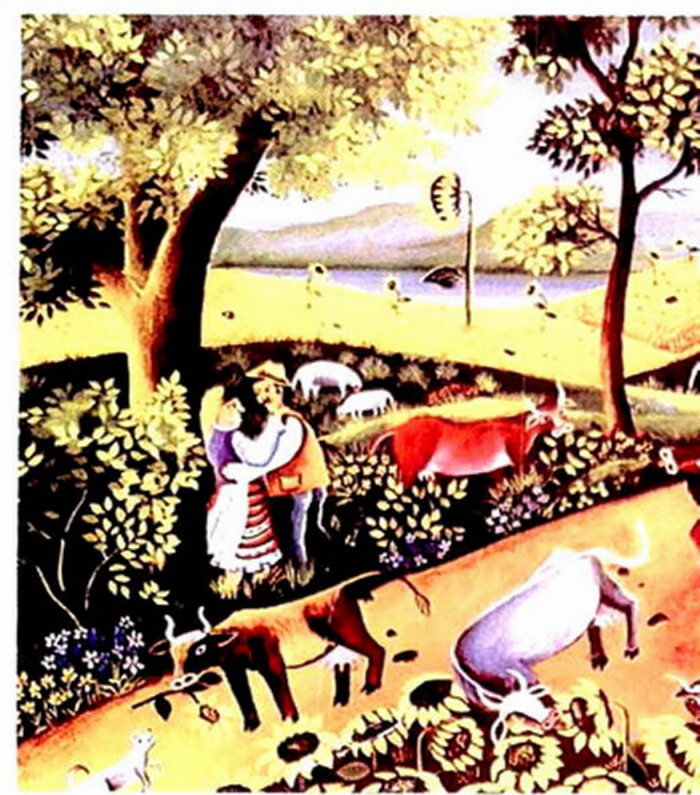
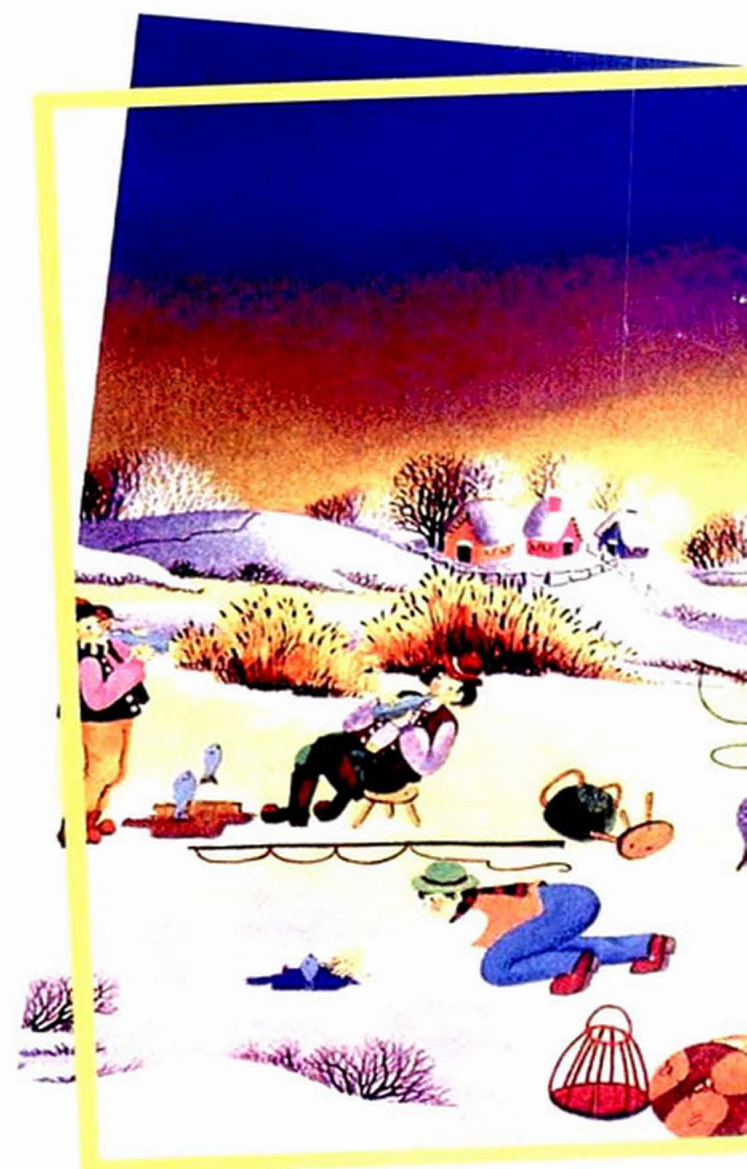
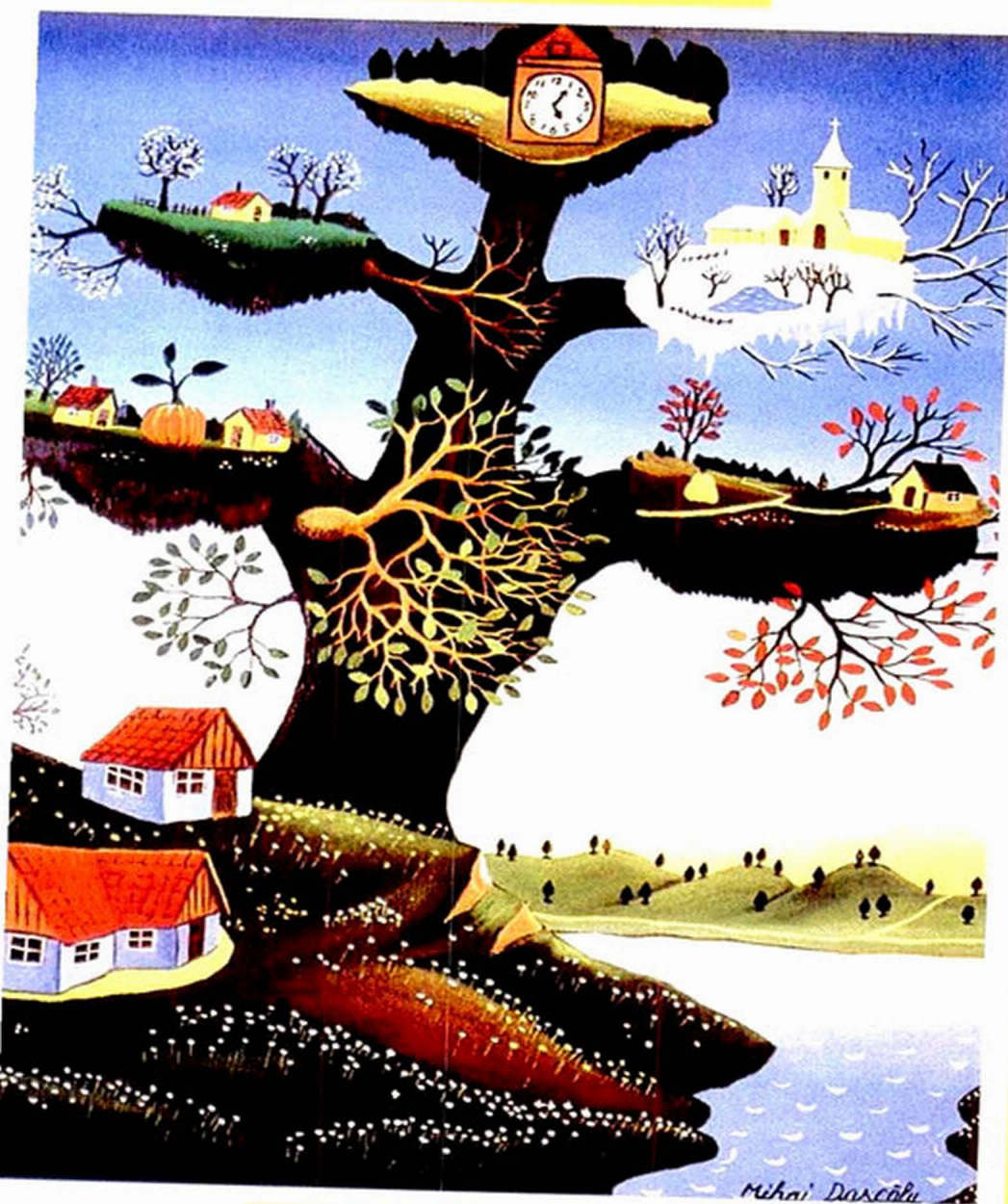
从2010年1月起，《疯狂英语原声版》调整为月刊，《疯狂英语教师版》调整为季刊。

《疯狂英语原声版》调整为月刊后，一年12期全部通过邮局发行，定价不变，磁带版和光盘版均为每期9.8元；邮发代号不变，磁带版：44-55；光盘版：44-57。

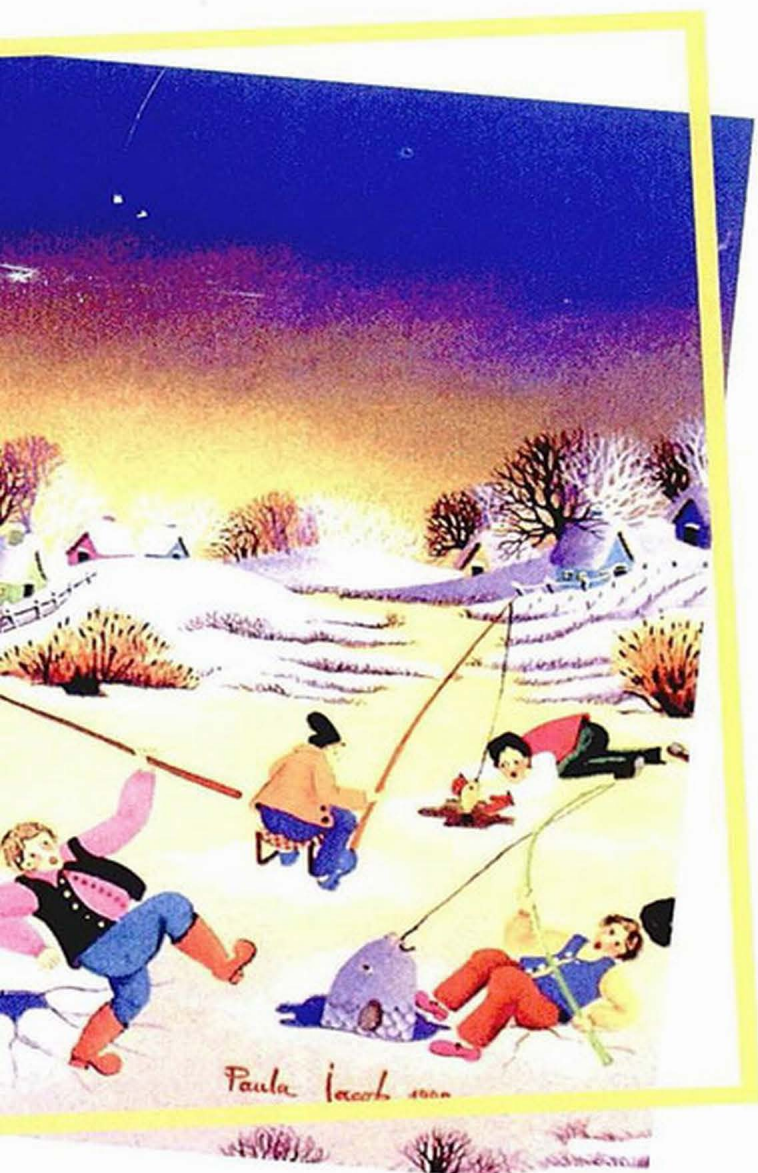
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疯狂英语杂志社
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Innocent Eyes

by Mitchell Kelly

I once met a man
Who lived a thousand years.
He shook hands with Sorrow,
Was best friends with Joy
And never shed a tear.

He lived in a tree,
In a village with a steeple.
A flash of his smile
Could end a war
And bring peace to the people.

He was a fisherman,
A father, a husband, a farmer.
He spent evenings
On the moon
And grew rainbows in the summer.

After he shared his life with me,
He patted me on the head.
And no matter what you say,
I'll always believe
Every word he said.





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